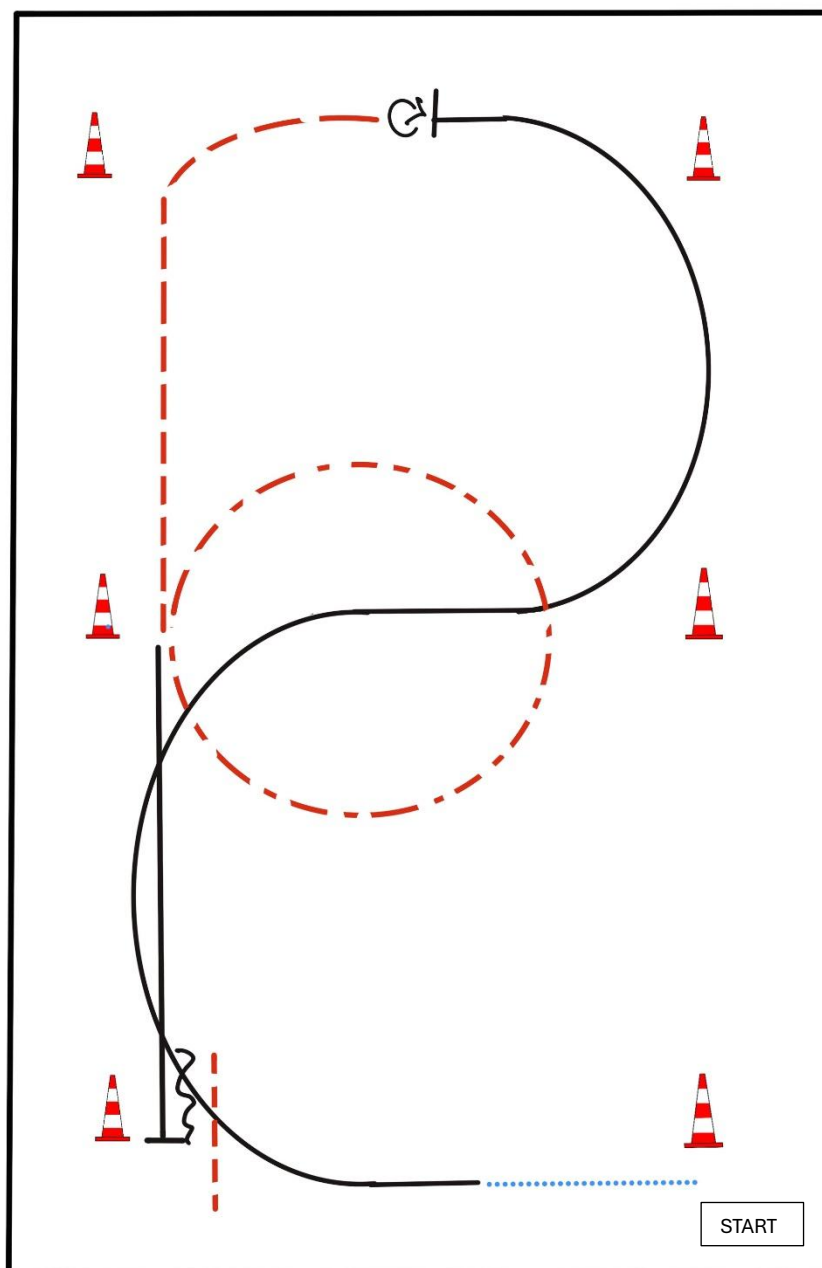
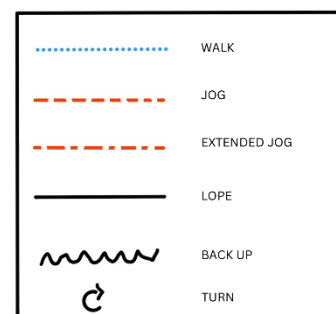
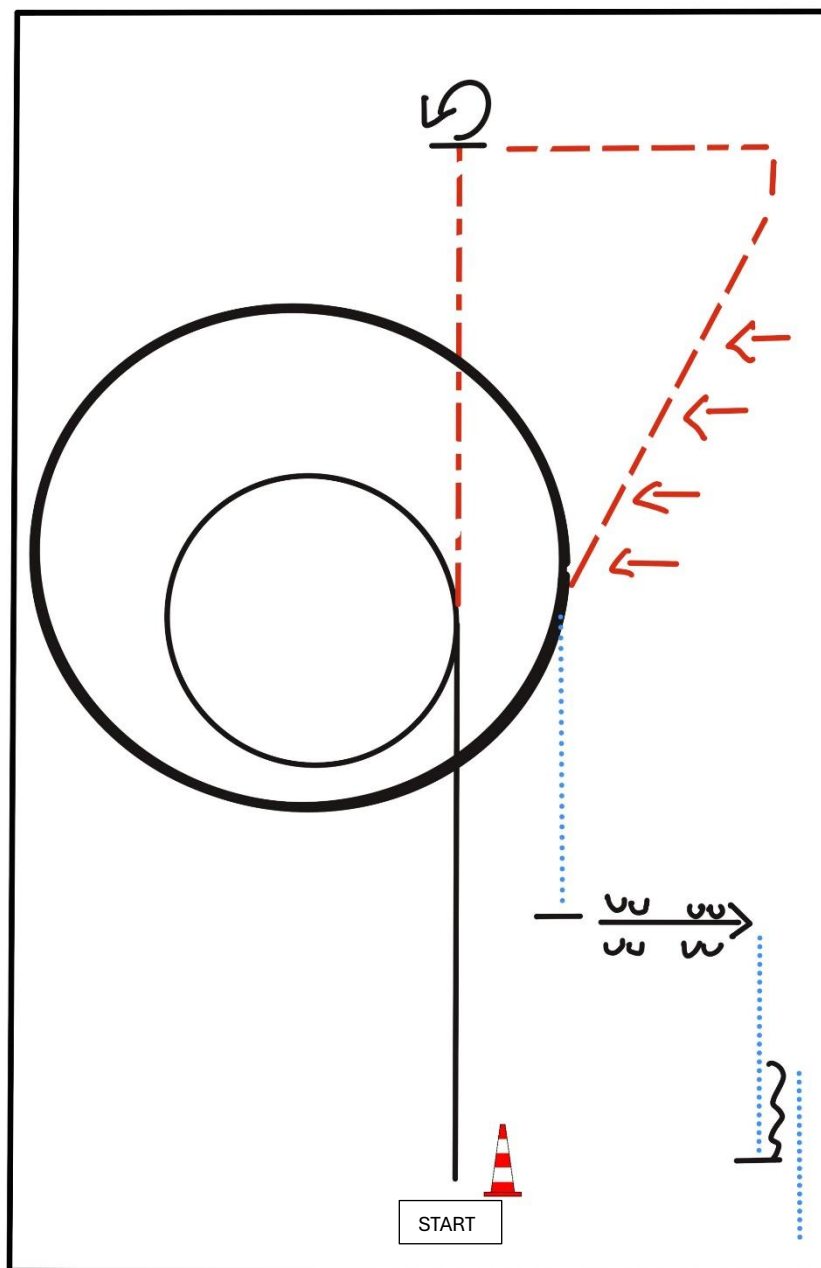




BE READY AT MARKER

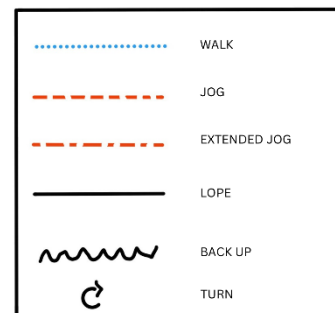
- 1) WALK
- 2) LOPE (RL)
- 3) STOP, TURN 360° LEFT OR RIGHT
- 4) JOG
- 5) EXTENDED JOG CIRCLE
- 6) LOPE (LL)
- 7) STOP, BACK UP, JOG OUT

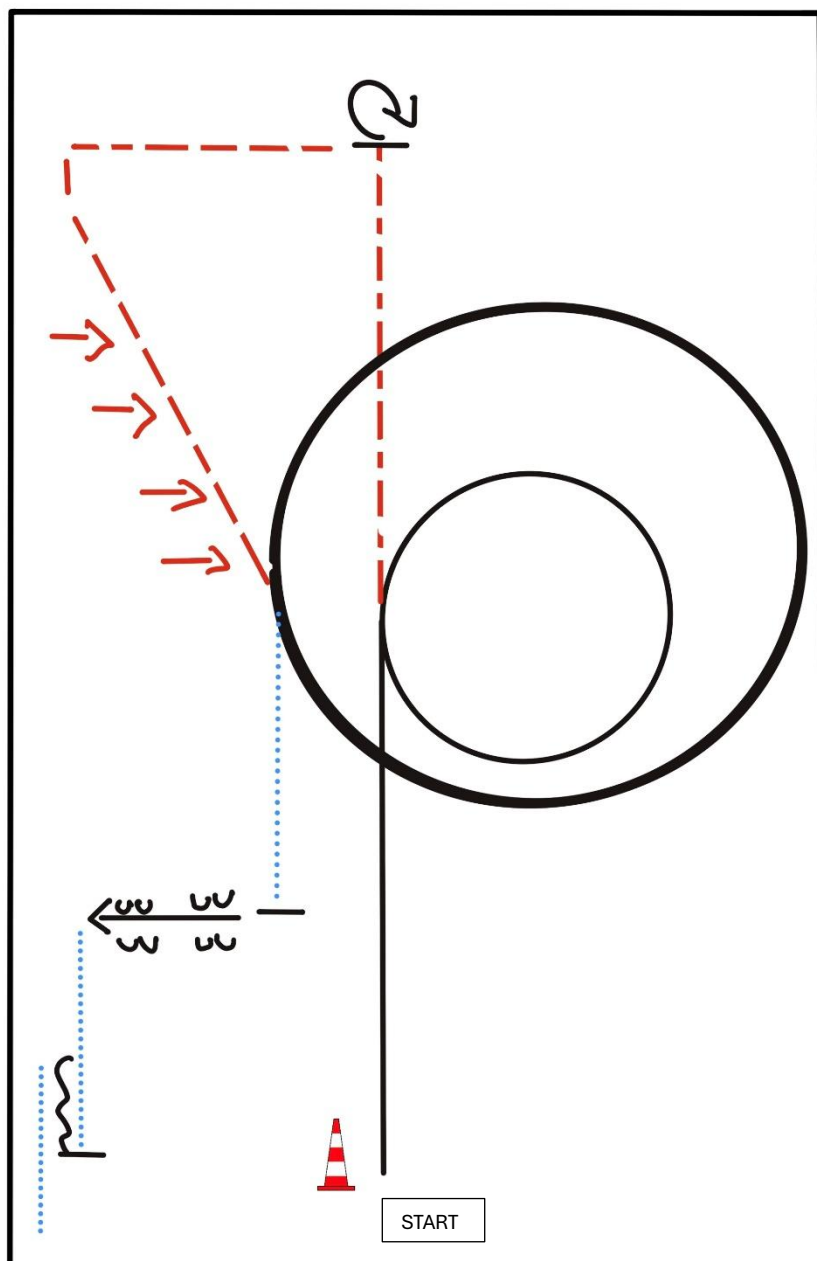




BE READY AT MARKER

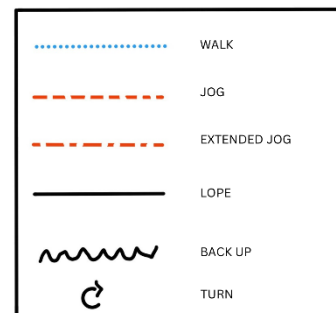
- 1) LOPE (LL)
- 2) EXTENDED JOG
- 3) STOP, TURN 630° LEFT
- 4) JOG CORNER
- 5) JOG, TWO TRACK RIGHT
- 6) EXTENDED LOPE (RL)
- 7) WALK
- 8) STOP, SIDEPASS LEFT
- 9) WALK
- 10) STOP, BACK UP, WALK OUT

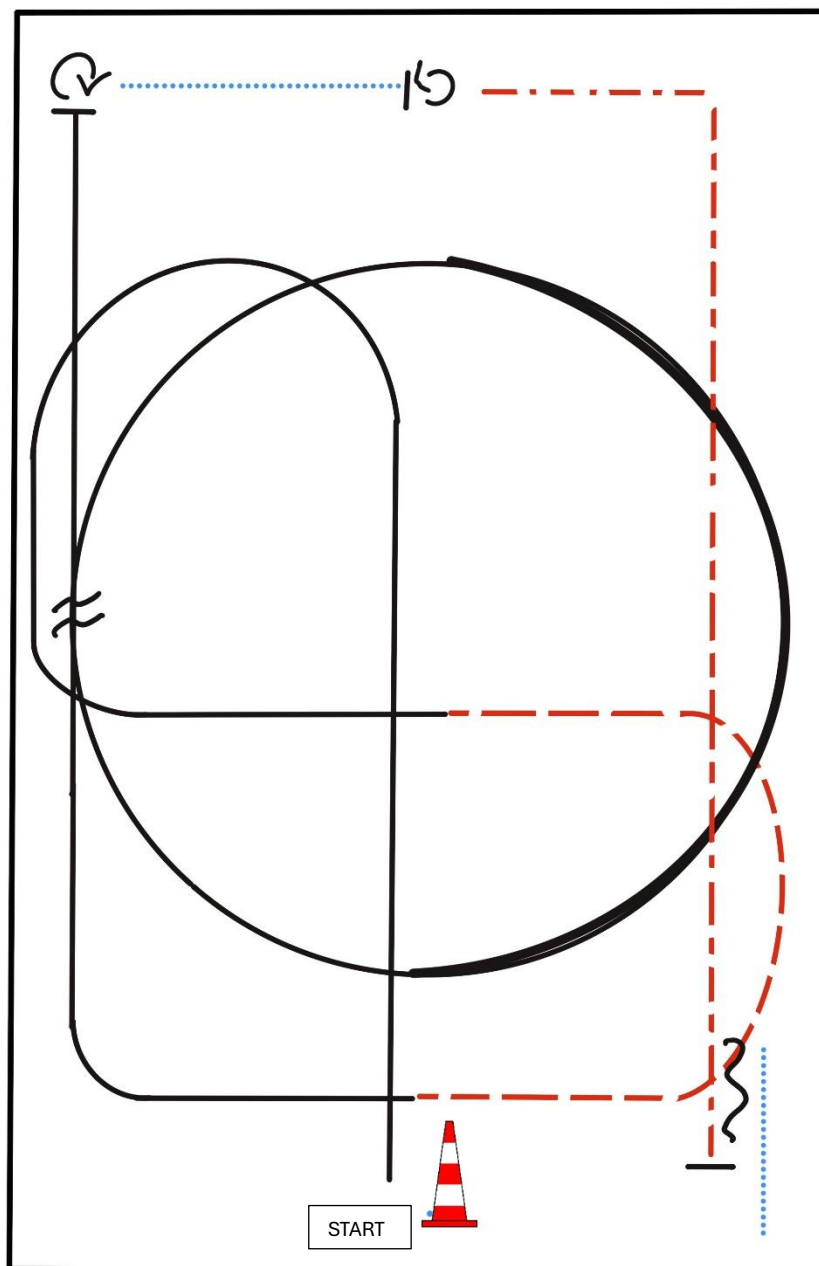




BE READY AT MARKER

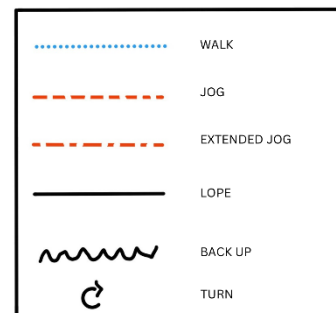
- 1) LOPE (RL)
- 2) EXTENDED JOG
- 3) STOP, TURN 630° RIGHT
- 4) JOG CORNER
- 5) JOG, TWO TRACK LEFT
- 6) EXTENDED LOPE (LL)
- 7) WALK
- 8) STOP, SIDEPASS RIGHT
- 9) WALK
- 10) STOP, BACK UP, WALK OUT

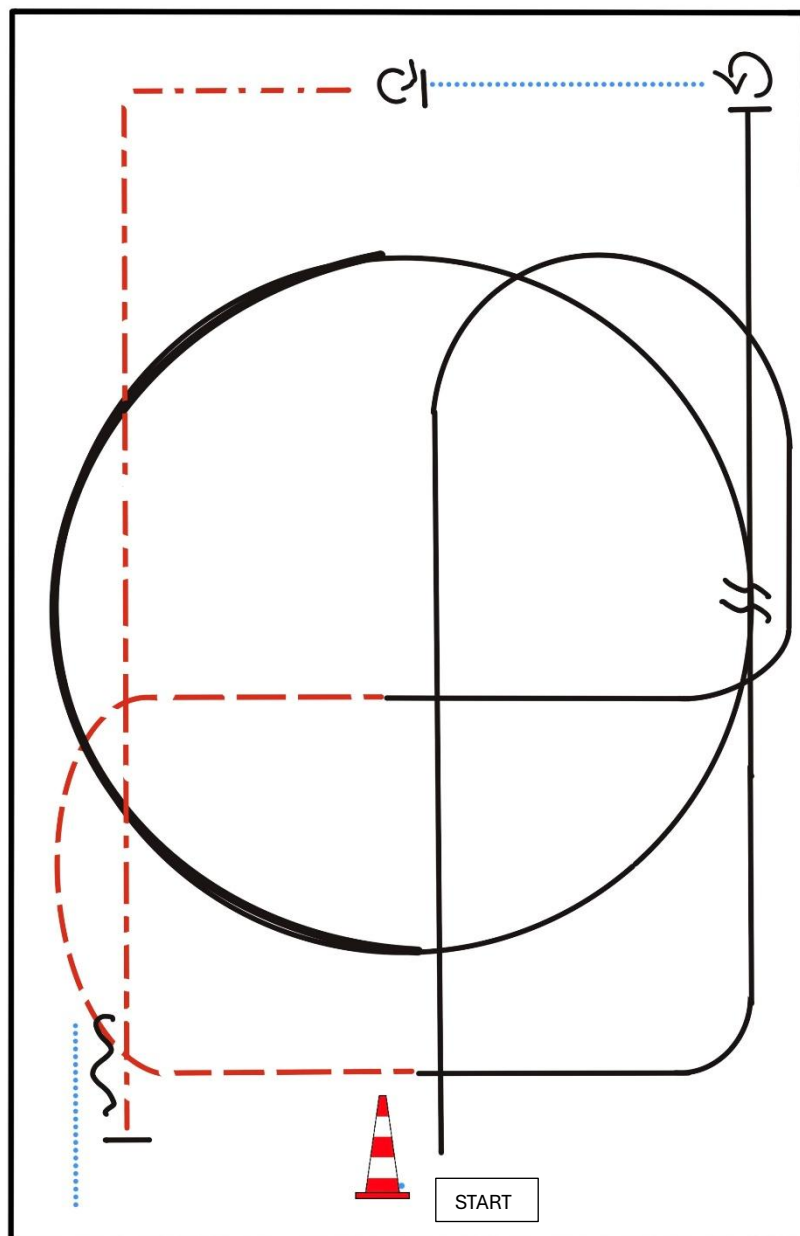




BE READY AT MARKER

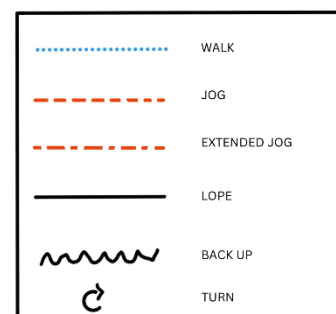
- 1) LOPE (LL)
- 2) JOG
- 3) LOPE (RL)
- 4) EXTENDED LOPE (RL), COLLECTED LOPE (RL)
- 5) LEADCHANGE (SIMPLE OR FLYING)
- 6) LOPE (LL)
- 7) STOP, TURN 45° RIGHT
- 8) WALK, STOP, TURN 360° LEFT
- 9) EXTENDED JOG
- 10) STOP, BACK UP, WALK OUT

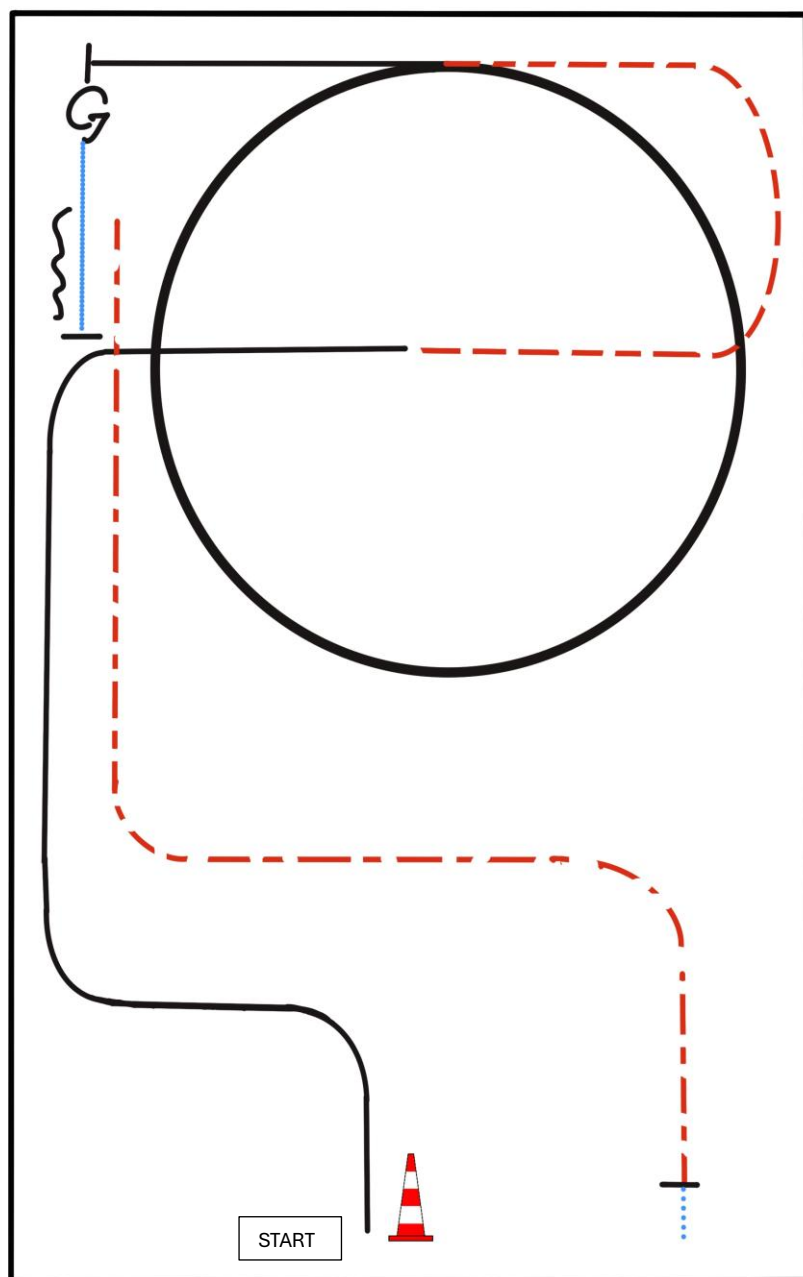




BE READY AT MARKER

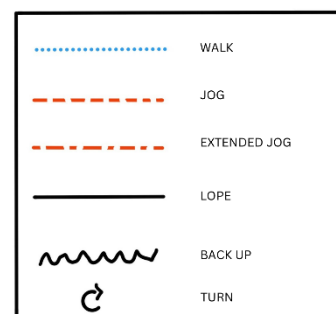
- 1) LOPE (RL)
- 2) JOG
- 3) LOPE (LL)
- 4) EXTENDED LOPE (LL), COLLECTED LOPE (LL)
- 5) LEADCHANGE (SIMPLE OR FLYING)
- 6) LOPE (RL)
- 7) STOP, TURN 450° LEFT
- 8) WALK, STOP, TURN 360° RIGHT
- 9) EXTENDED JOG
- 10) STOP, BACK UP, WALK OUT

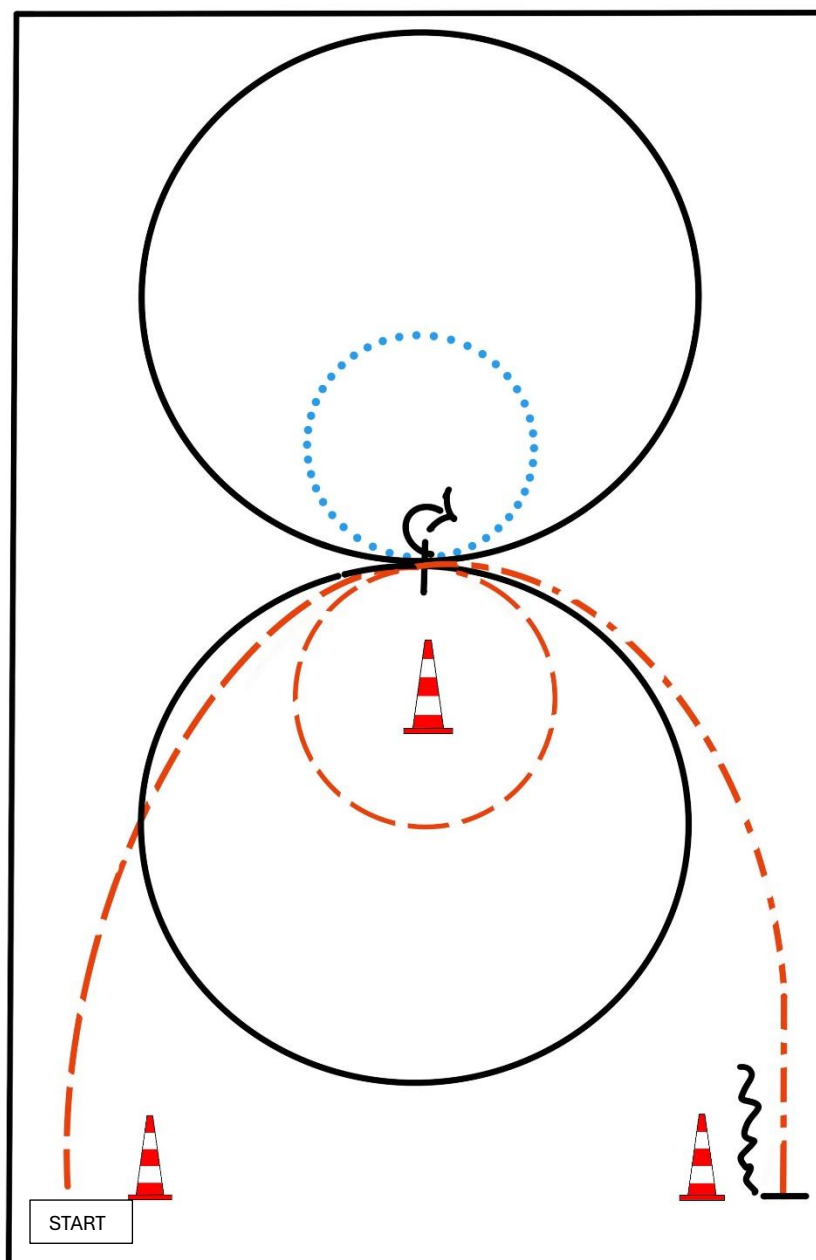




BE READY AT MARKER

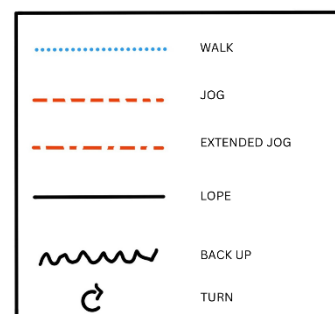
- 1) LOPE (RL)
- 2) JOG
- 3) EXTENDED LOPE (LL)
- 4) COLLECTED LOPE (LL)
- 5) STOP, TURN 450° LEFT
- 6) WALK
- 7) STOP, BACK UP
- 8) EXTENDED JOG
- 9) STOP, HESITATE, WALK OUT





BE READY AT MARKER

- 1) JOG, STOP
- 2) TURN 360° LEFT OR RIGHT
- 3) WALK SMALL CIRCLE LEFT
- 4) LOPE (LL) CIRCLE LEFT
- 5) JOG SMALL CIRCLE RIGHT
- 6) LOPE (RL) CIRCLE RIGHT
- 7) EXTENDED JOG
- 8) STOP, BACK UP



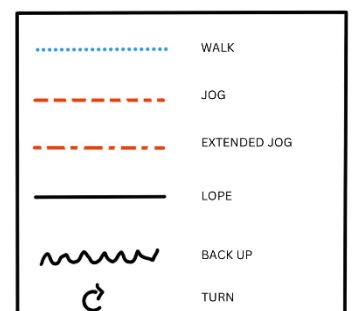


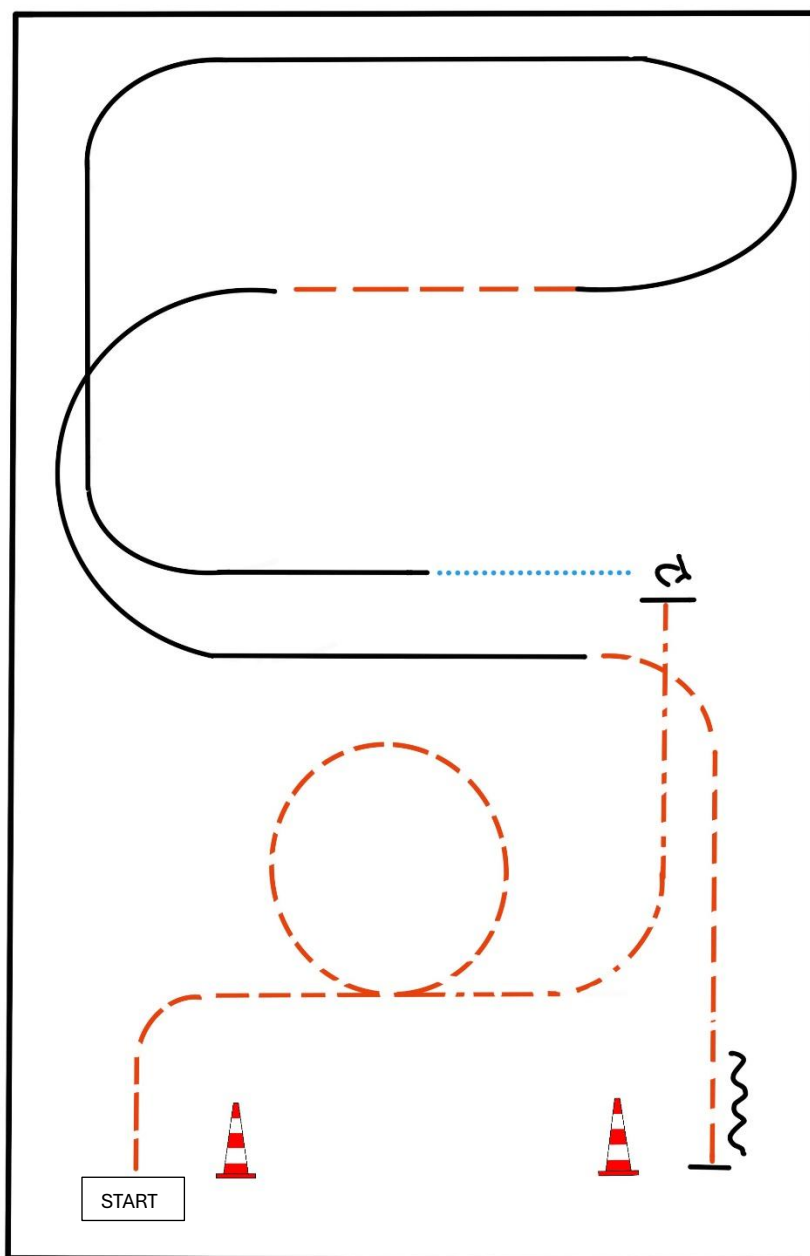
- 1) WALK, STOP
- 2) TURN 360° LEFT OR RIGHT
- 3) BACK UP
- 4) JOG
- 5) LOPE (RL)
- 6) JOG SMALL CIRCLE RIGHT
- 7) LOPE (LL)
- 8) WALK, WALK OUT





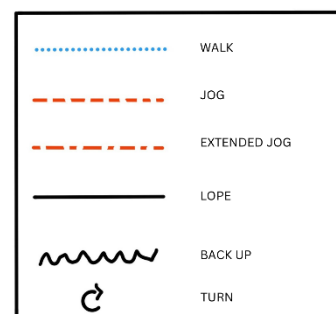
- 1) JOG, EXTENDED JOG, JOG
- 2) LOPE (LL)
- 3) WALK, STOP
- 4) BACK UP
- 5) TURN 180° LEFT OR RIGHT
- 6) JOG
- 7) LOPE (LL)
- 8) JOG, STOP

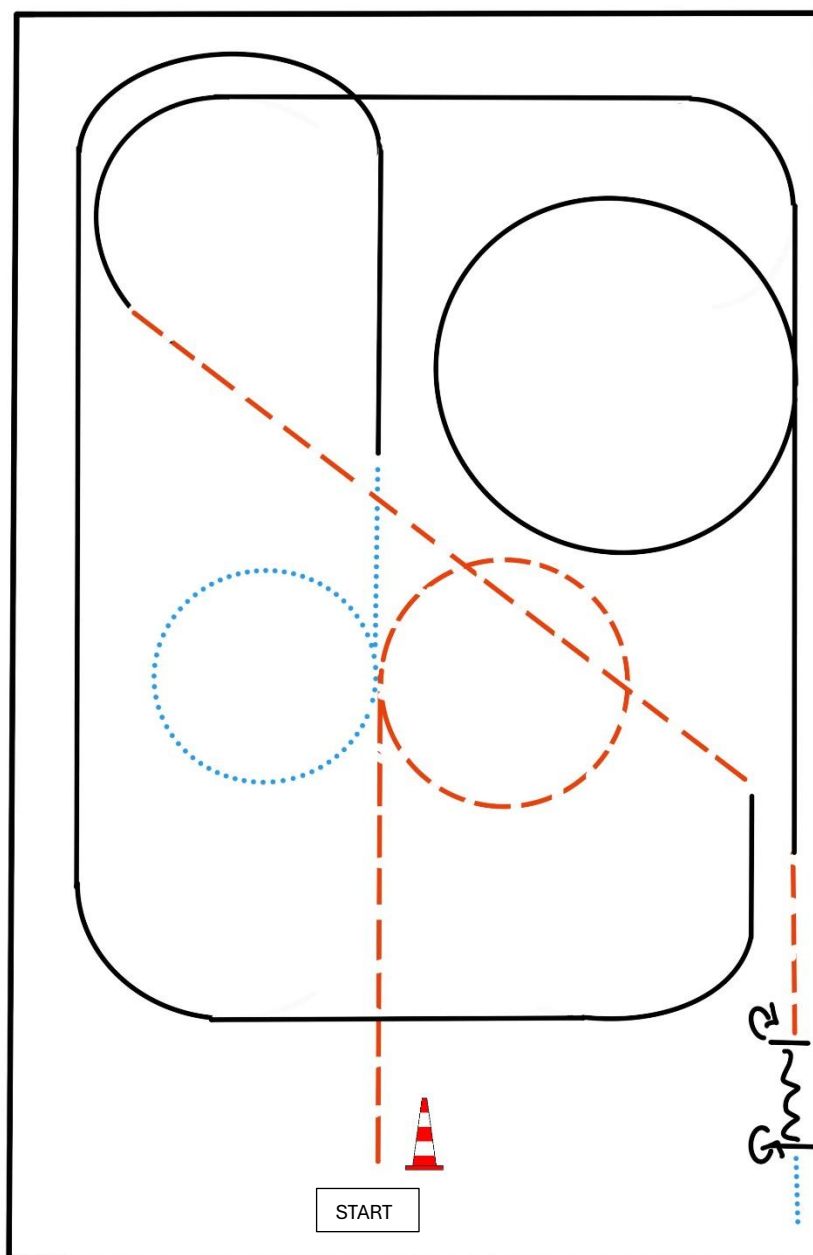




BE READY AT MARKER

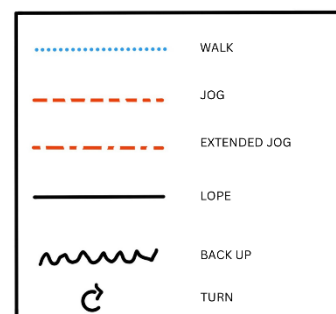
- 1) JOG, JOG SMALL CIRCLE
- 2) EXTENDED JOG
- 3) STOP, TURN 270° RIGHT
- 4) WALK
- 5) LOPE (RL)
- 6) JOG
- 7) LOPE (LL)
- 8) JOG
- 9) STOP, BACK UP





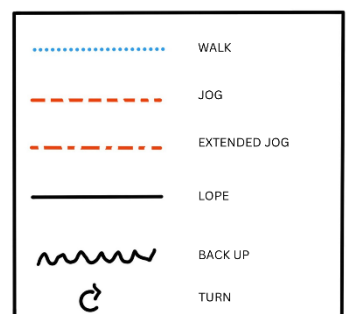
BE READY AT MARKER

- 1) JOG, JOG SMALL CIRCLE
- 2) WALK SMALL CIRCLE
- 3) LOPE (LL)
- 4) JOG
- 5) LOPE (RL)
- 6) JOG
- 7) STOP, TURN 180° RIGHT
- 8) BACK UP
- 9) TURN 180° LEFT, WALK OUT



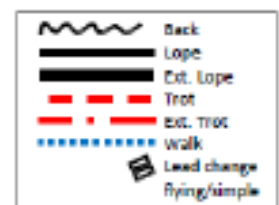


- 1) EXTENDED JOG
- 2) JOG, STOP
- 3) TURN 180° LEFT AND RIGHT
- 4) WALK
- 5) LOPE (LL)
- 6) JOG
- 7) LOPE (RL)
- 8) JOG, STOP
- 9) BACK UP





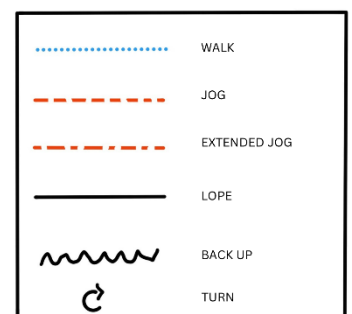
- 1) JOG, STOP
- 2) BACK UP
- 3) TURN 180° LEFT OR RIGHT
- 4) WALK
- 5) JOG, JOG SMALL CIRCLE LEFT
- 6) LOPE (LL)
- 7) JOG
- 8) LOPE (RL)
- 9) JOG

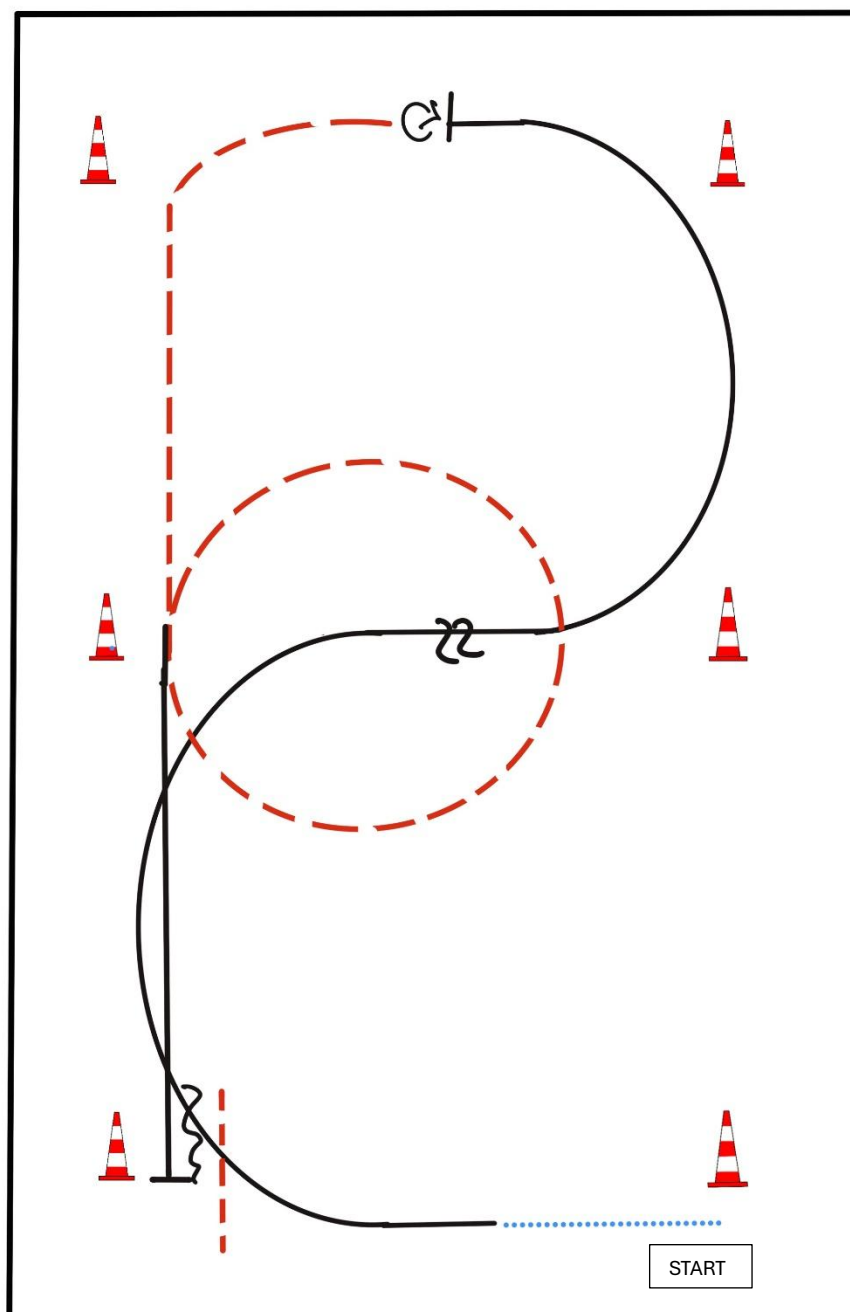


trying/simple



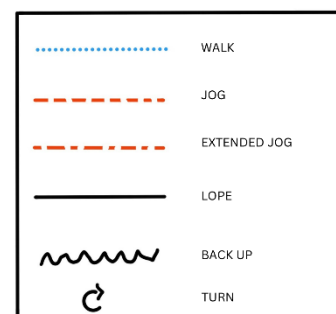
1. WALK
2. JOG SMALL CIRCLE LEFT
3. LOPE (LL)
4. WALK, STOP
5. TURN 270° RIGHT, WALK
6. LOPE (RL)
7. JOG
8. STOP, BACK UP

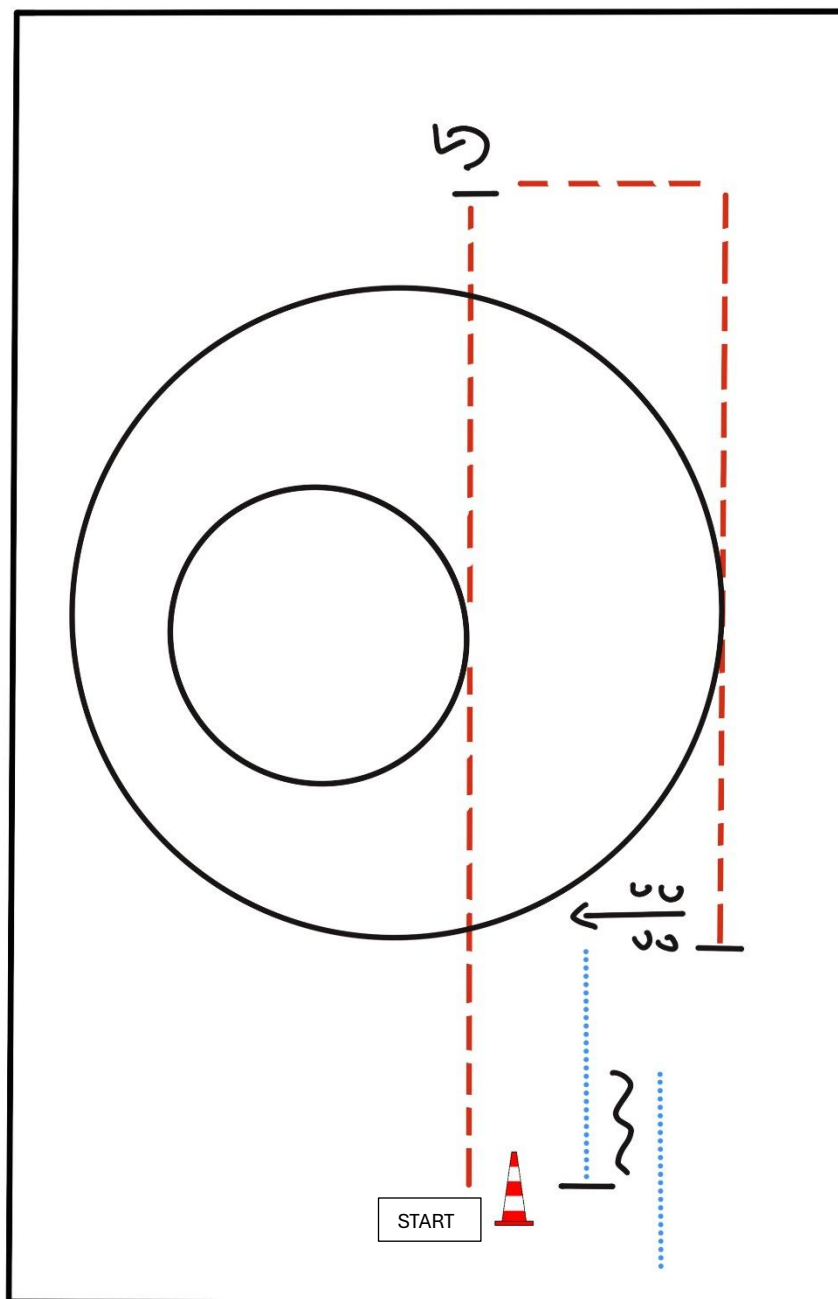




BE READY AT MARKER

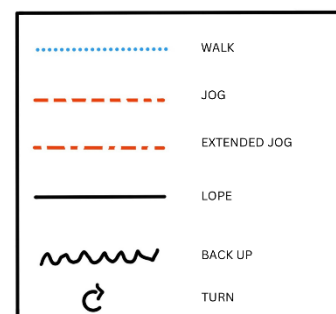
1. WALK
2. LOPE (RL)
3. LEADCHANGE (SIMPLE OR FLYING)
4. LOPE (LL)
5. STOP, TURN 360° LEFT OR RIGHT
6. JOG
7. JOG SMALL CIRCLE
8. LOPE (LL)
9. STOP, BACK UP, JOG OUT





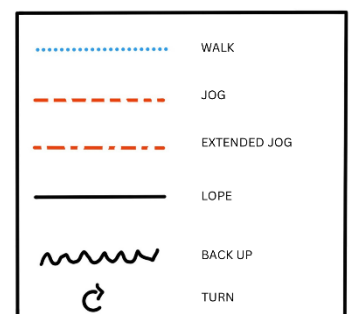
BE READY AT MARKER

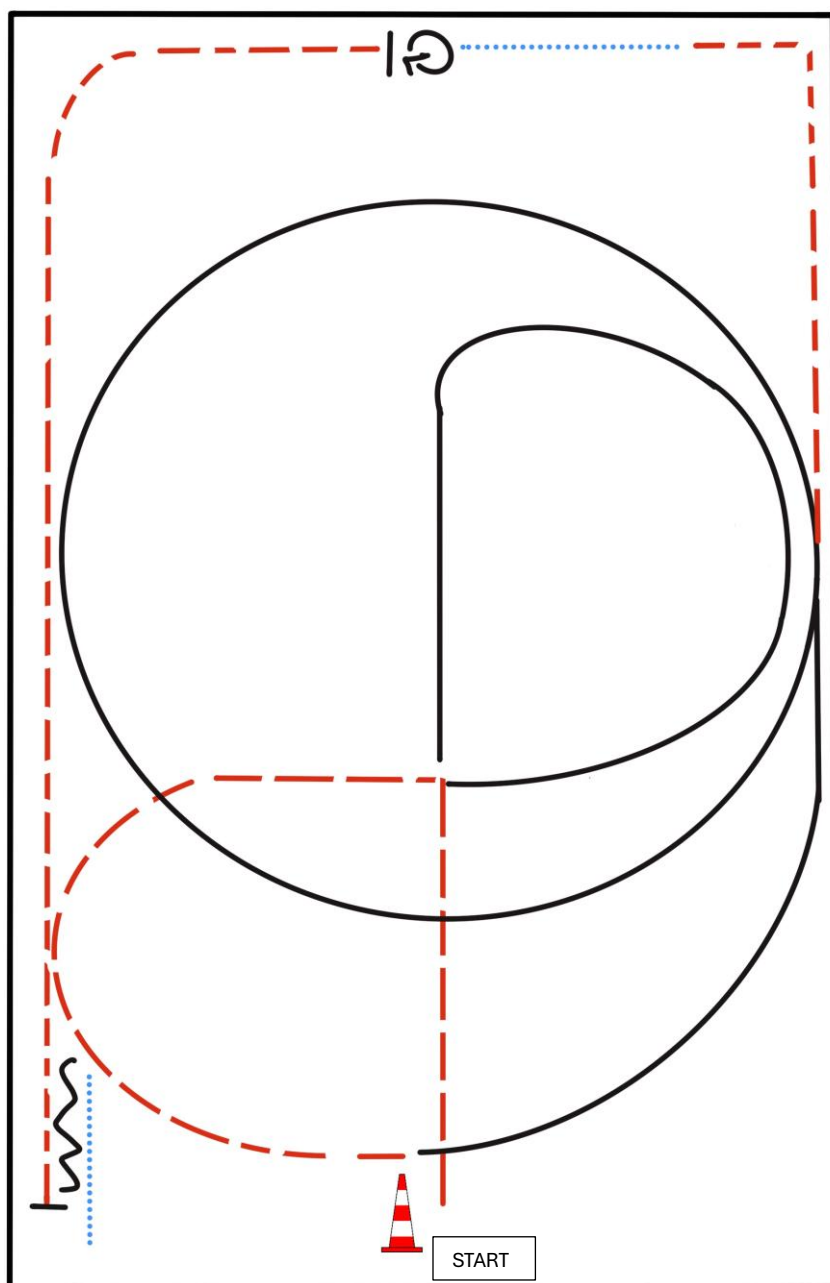
1. JOG
2. LOPE (LL)
3. JOG, STOP
4. TURN 270° LEFT
5. JOG
6. LOPE (RL)
7. JOG, STOP
8. SIDEPASS RIGHT
9. WALK
10. STOP, BACK UP, WALK OUT





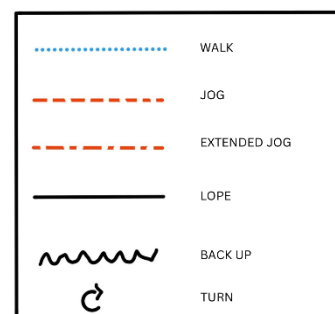
1. JOG
2. LOPE (RL)
3. JOG, STOP
4. TURN 270° RIGHT
5. JOG
6. LOPE (LL)
7. JOG, STOP
8. SIDEPASS LEFT
9. WALK
10. STOP, BACK UP, WALK OUT

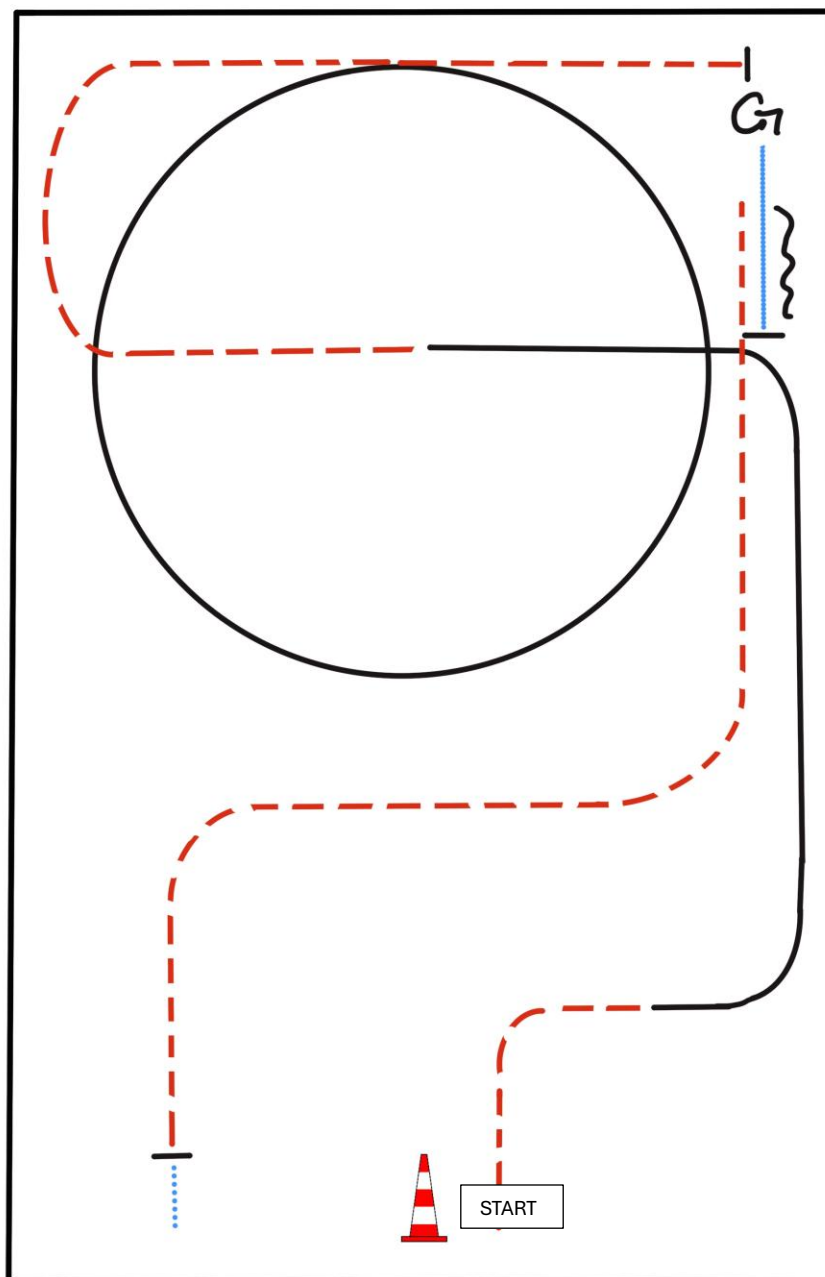




BE READY AT MARKER

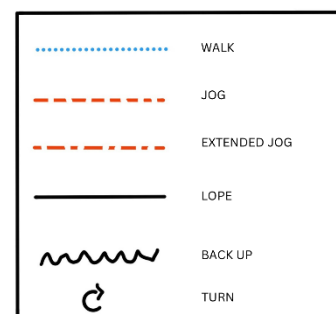
1. JOG
2. LOPE (RL)
3. JOG
4. LOPE (LL)
5. JOG CORNER
6. WALK
7. STOP, TURN 360° LEFT OR RIGHT
8. JOG
9. STOP, BACK UP, WALK OUT

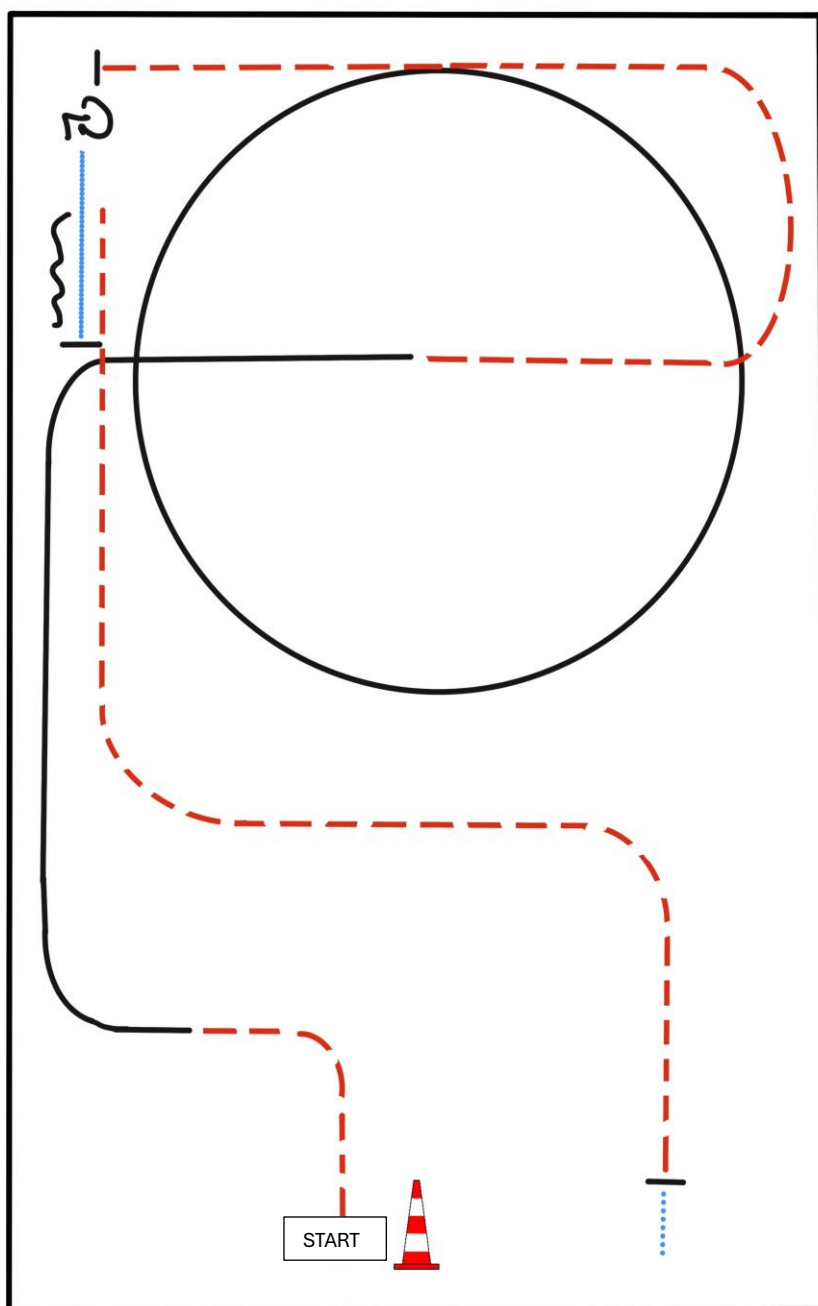




BE READY AT MARKER

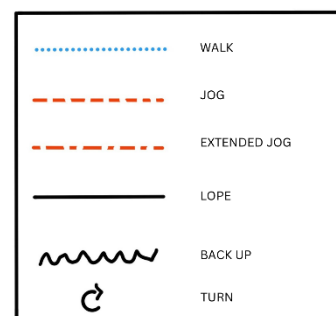
1. JOG
2. LOPE (LL)
3. JOG
4. LOPE (RL)
5. JOG
6. STOP, TURN 270° LEFT
7. WALK
8. STOP, BACK UP
9. JOG
10. STOP, HESITATE, WALK OUT

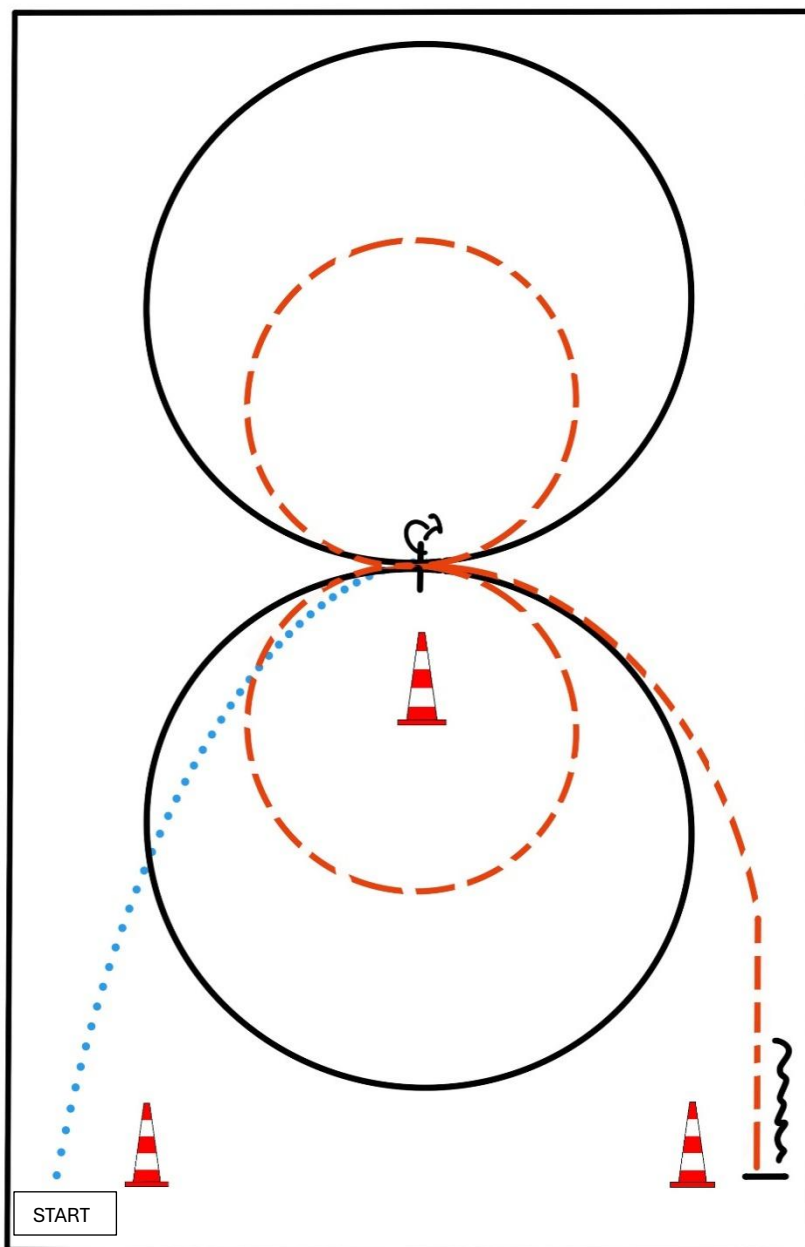




BE READY AT MARKER

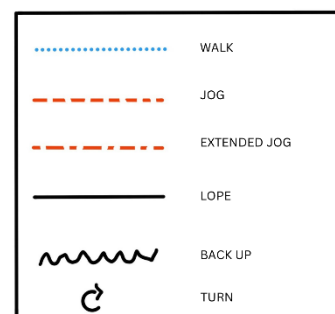
1. JOG
2. LOPE (RL)
3. JOG
4. LOPE (LL)
5. JOG
6. STOP, TURN 270° RIGHT
7. WALK
8. STOP, BACK UP
9. JOG
10. STOP, HESITATE, WALK OUT

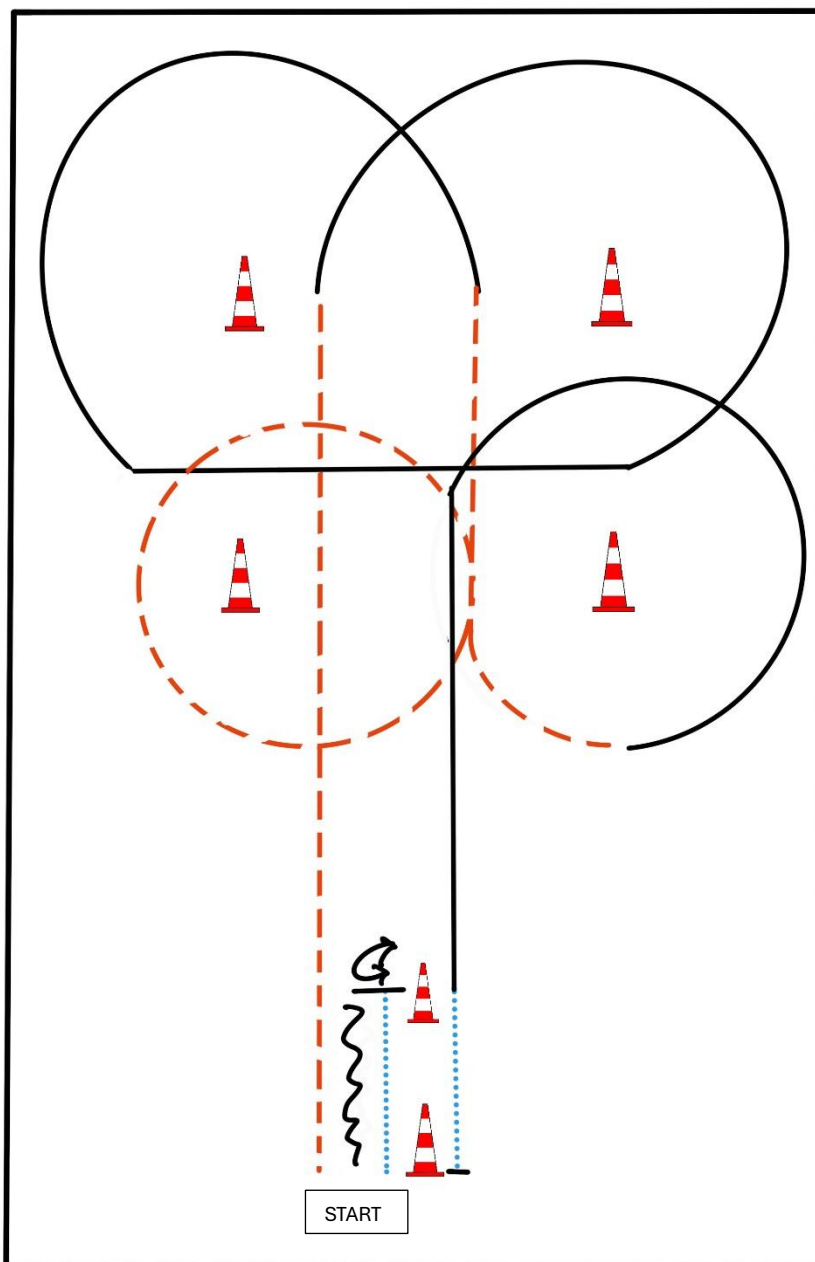




BE READY AT MARKER

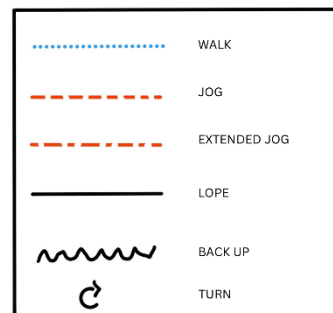
- 1) WALK, STOP
- 2) TURN 360° LEFT OR RIGHT
- 3) JOG SMALL CIRCLE LEFT
- 4) LOPE (LL) CIRCLE LEFT
- 5) JOG SMALL CIRCLE RIGHT
- 6) LOPE (RL) CIRCLE RIGHT
- 7) JOG
- 8) STOP, BACK UP

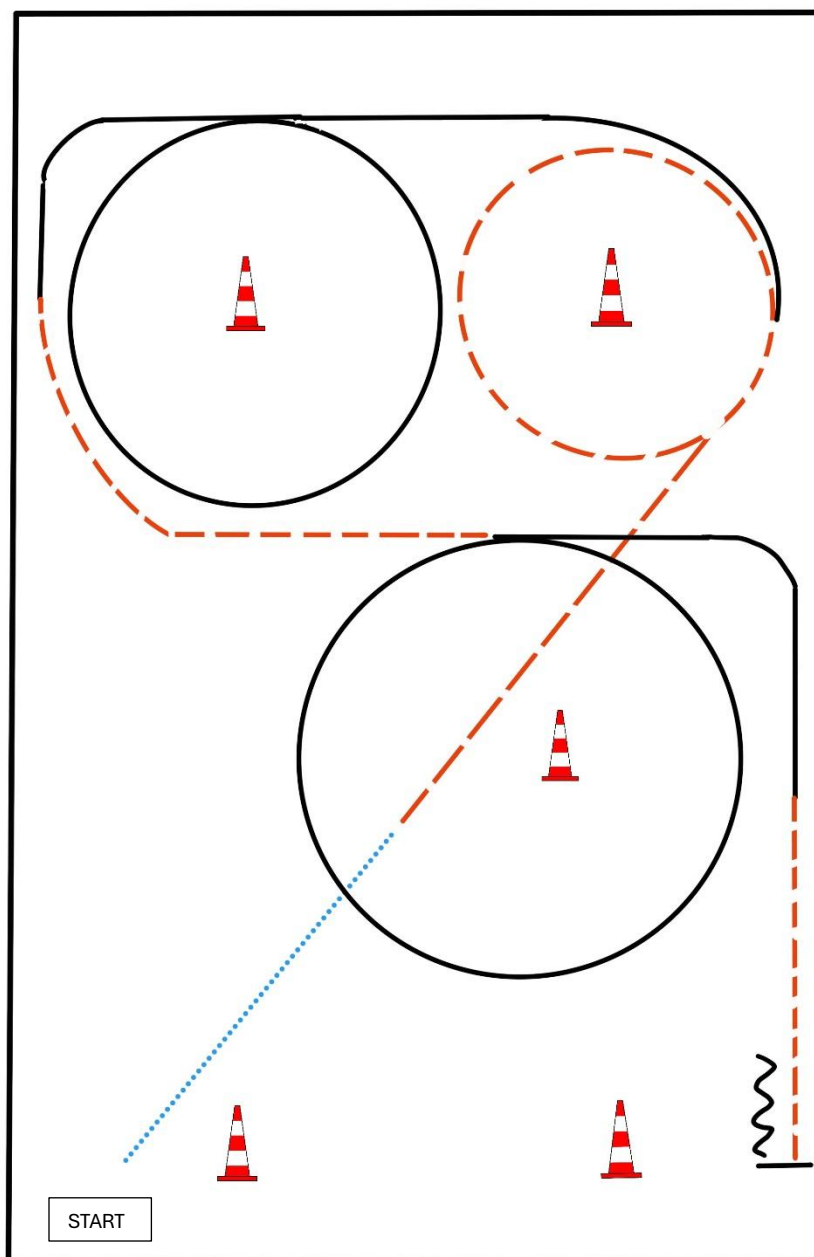




BE READY AT MARKER

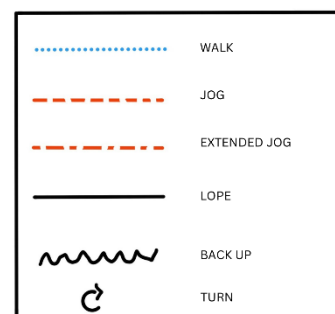
- 1) WALK, STOP
- 2) TURN 180° LEFT
- 3) TURN 180° RIGHT
- 4) BACK UP
- 5) JOG
- 6) LOPE (RL)
- 7) JOG
- 8) LOPE (LL)
- 9) WALK, STOP

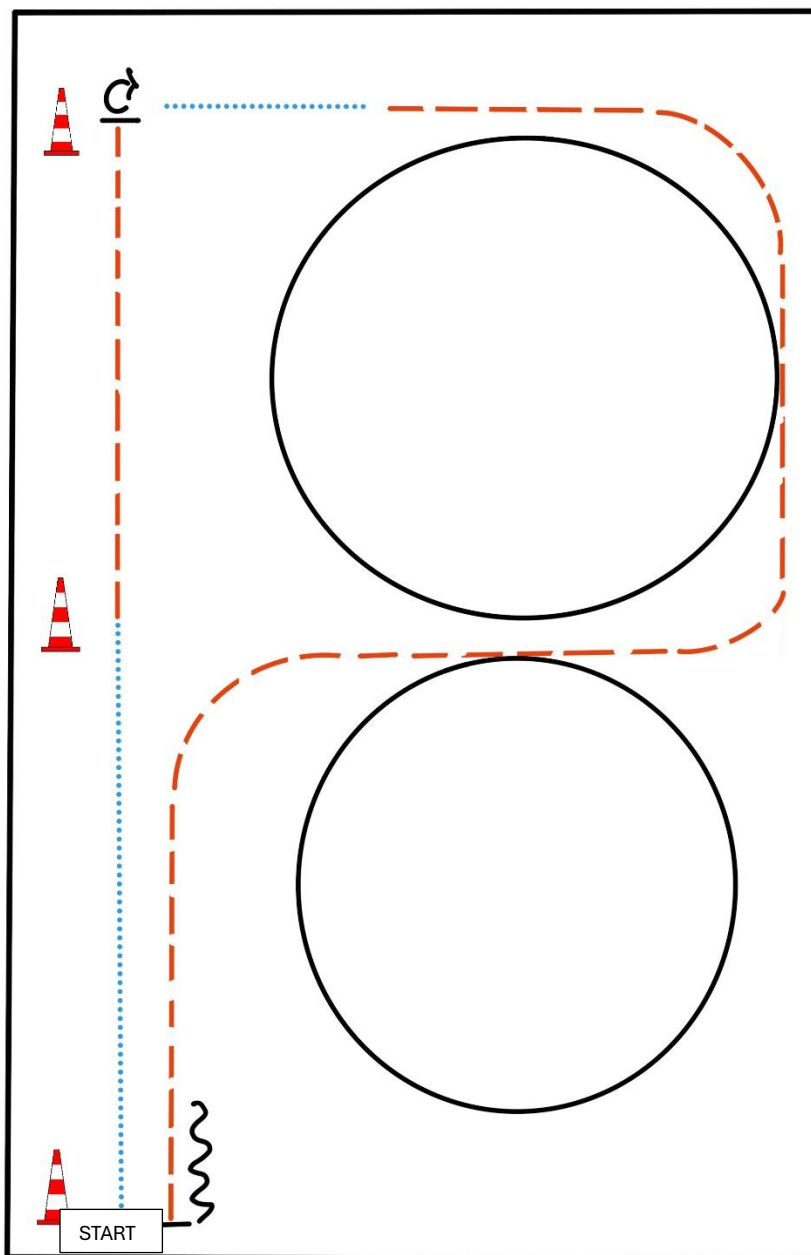




BE READY AT MARKER

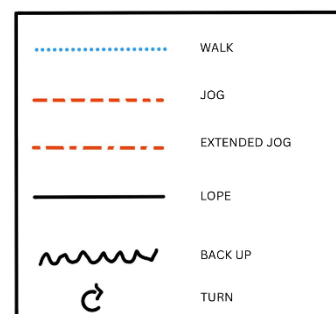
- 1) WALK
- 2) JOG
- 3) LOPE (LL)
- 4) JOG
- 5) LOPE (RL)
- 6) JOG
- 7) STOP
- 8) BACK UP

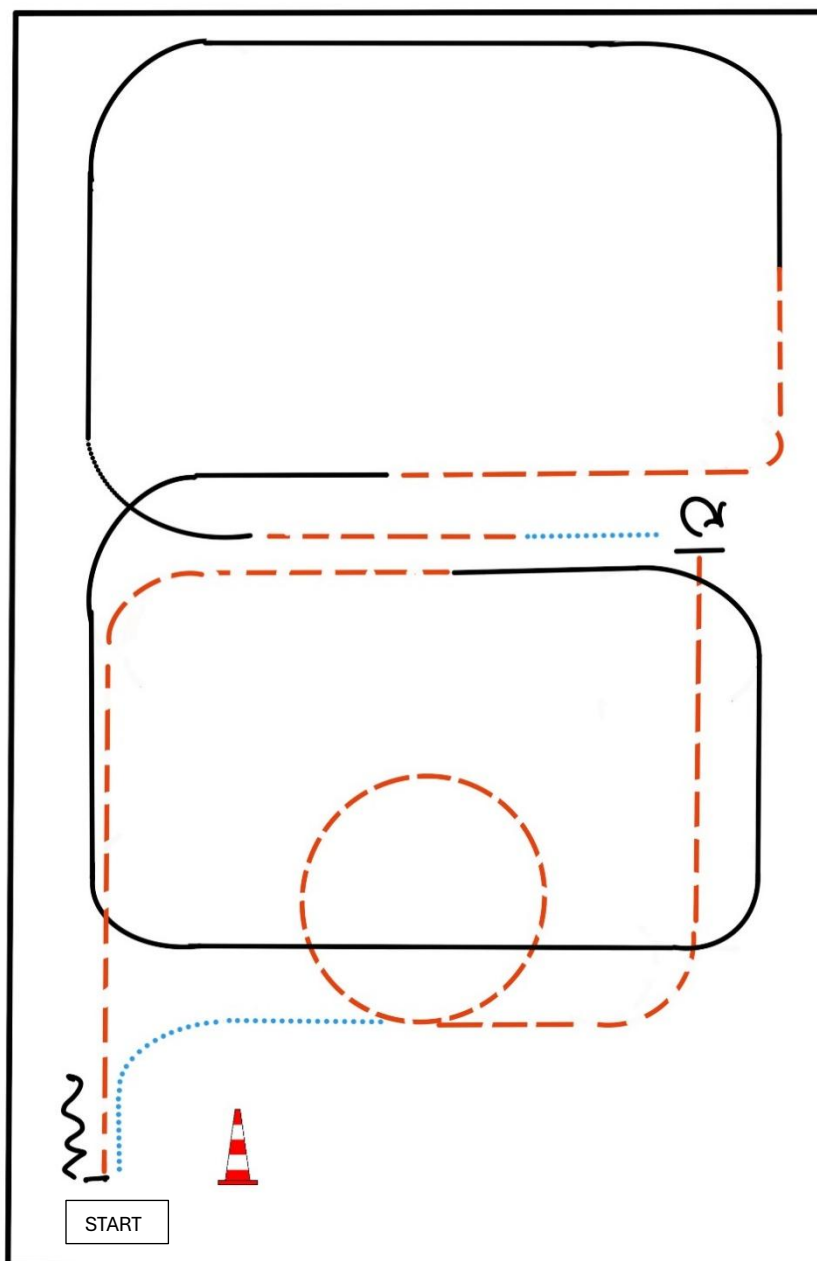




BE READY AT MARKER

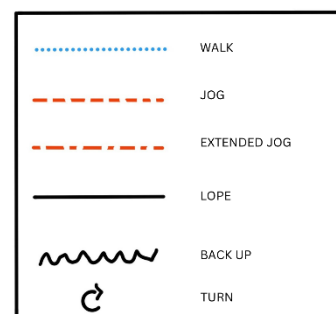
- 1) WALK
- 2) JOG
- 3) STOP, TURN 90° RIGHT
- 4) WALK
- 5) JOG
- 6) LOPE (RL)
- 7) JOG
- 8) LOPE (LL)
- 9) JOG
- 10) STOP, BACK UP

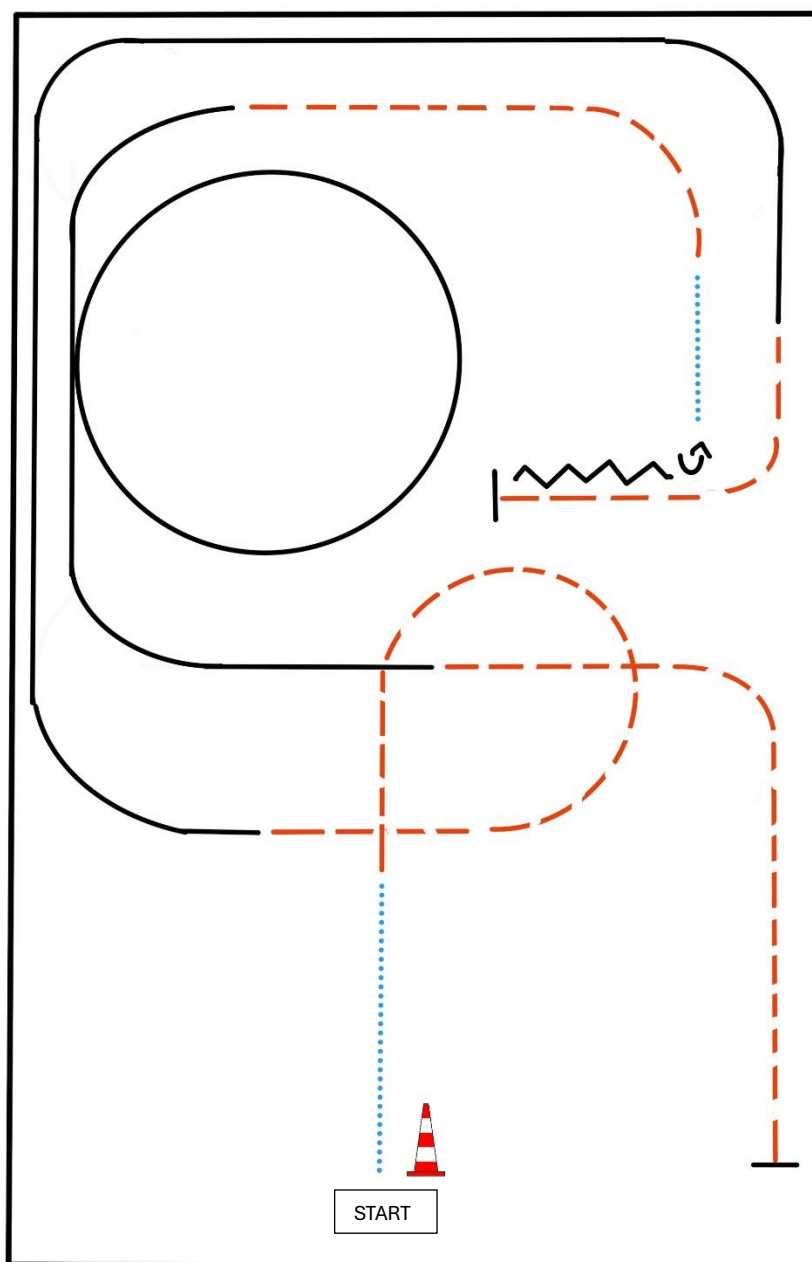




BE READY AT MARKER

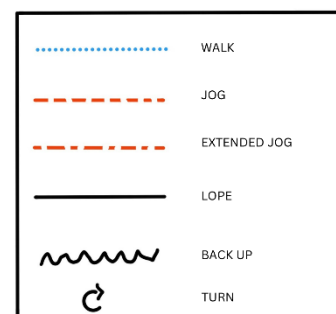
- 1) WALK
- 2) JOG
- 3) STOP, TURN 270° RIGHT
- 4) WALK
- 5) JOG
- 6) LOPE (RL)
- 7) JOG
- 8) LOPE (LL)
- 9) JOG
- 10) STOP, BACK UP

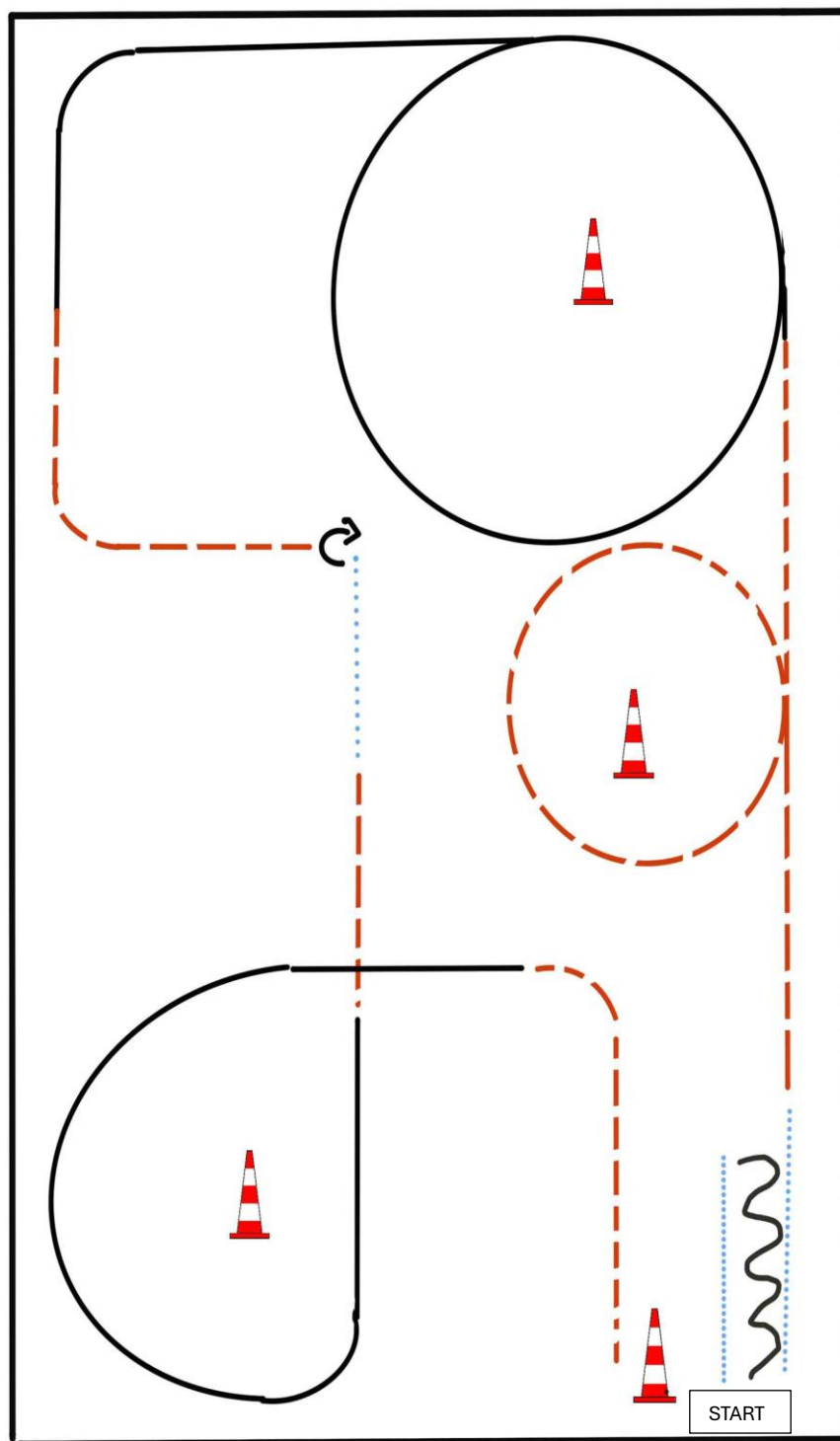




BE READY AT MARKER

- 1) WALK
- 2) JOG
- 3) LOPE (RL)
- 4) JOG
- 5) STOP, BACK UP
- 6) TURN 270° RIGHT
- 7) WALK
- 8) JOG
- 9) LOPE (LL)
- 10) JOG, STOP

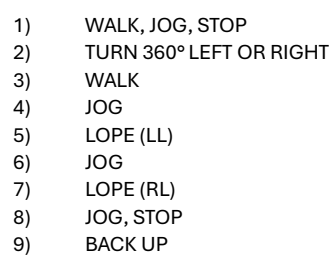


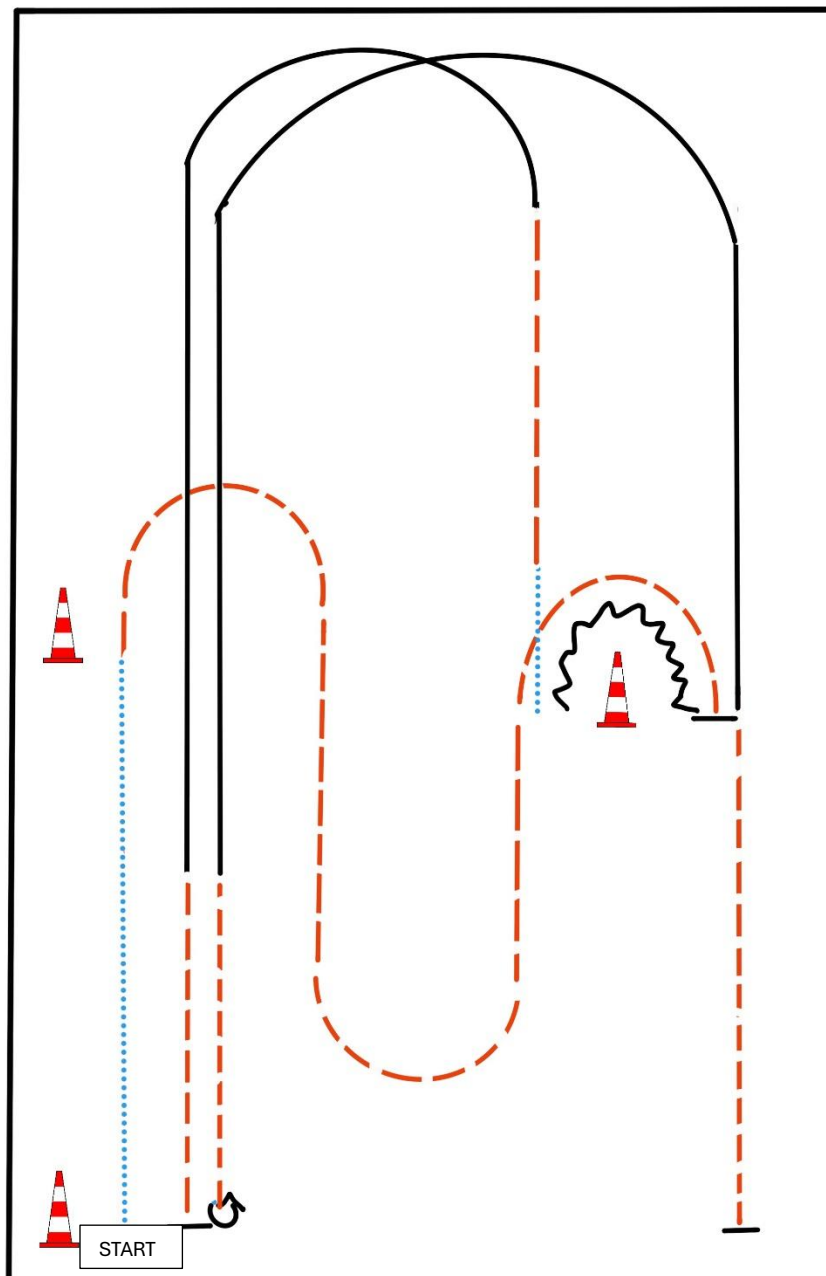


BE READY AT MARKER

- 1) WALK, STOP, BACK UP, WALK
- 2) JOG
- 3) LOPE (LL)
- 4) JOG, STOP
- 5) TURN 90° RIGHT
- 6) WALK
- 7) JOG
- 8) LOPE (RL)
- 9) JOG

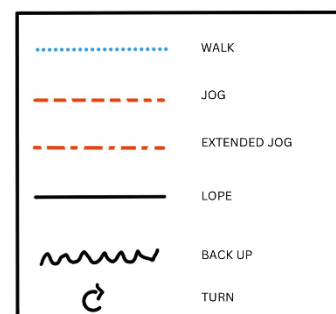
	WALK
	JOG
	EXTENDED JOG
	LOPE
	BACK UP
	TURN

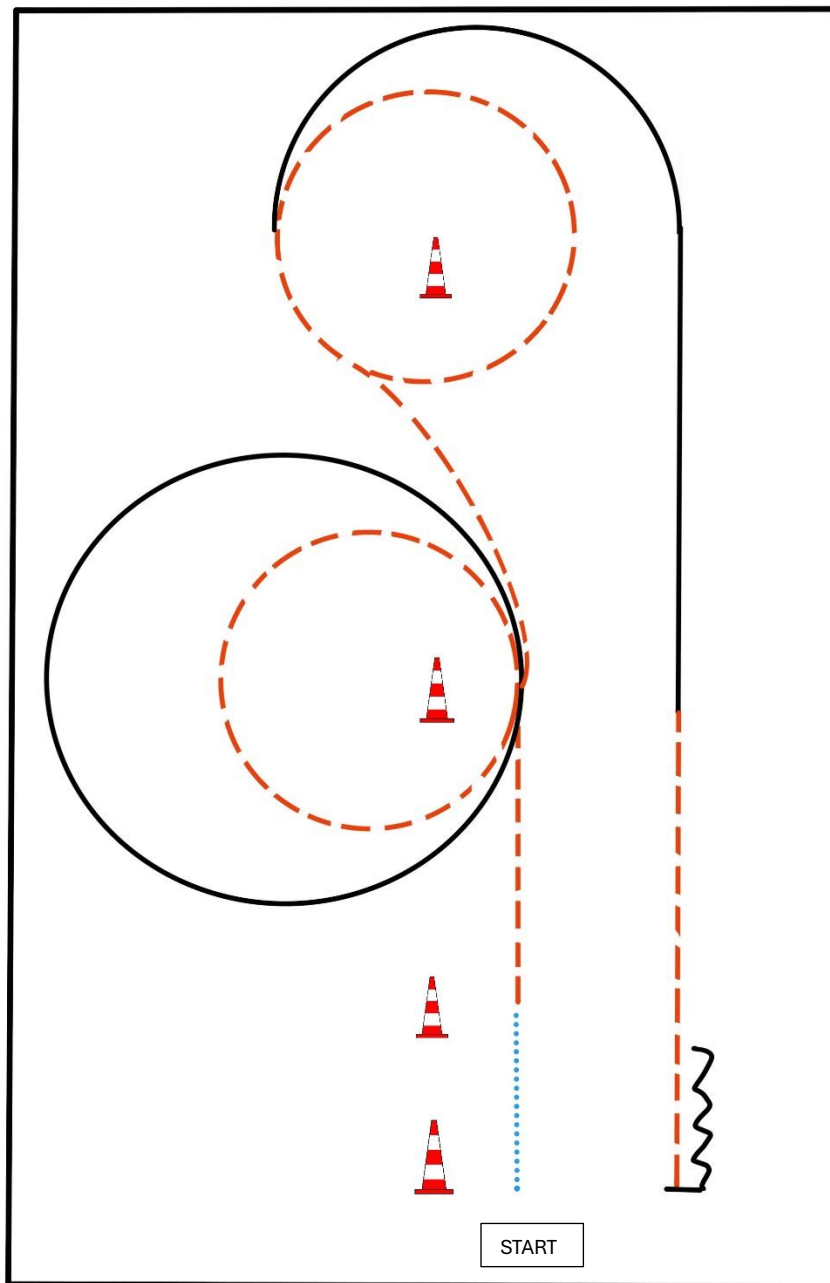




BE READY AT MARKER

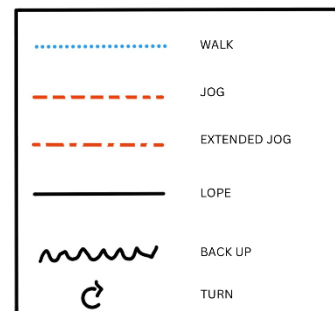
- 1) WALK
- 2) JOG, STOP
- 3) BACK UP
- 4) WALK, JOG
- 5) LOPE (LL)
- 6) JOG, STOP
- 7) TURN 180° LEFT OR RIGHT
- 8) JOG
- 9) LOPE (RL)
- 10) JOG, STOP

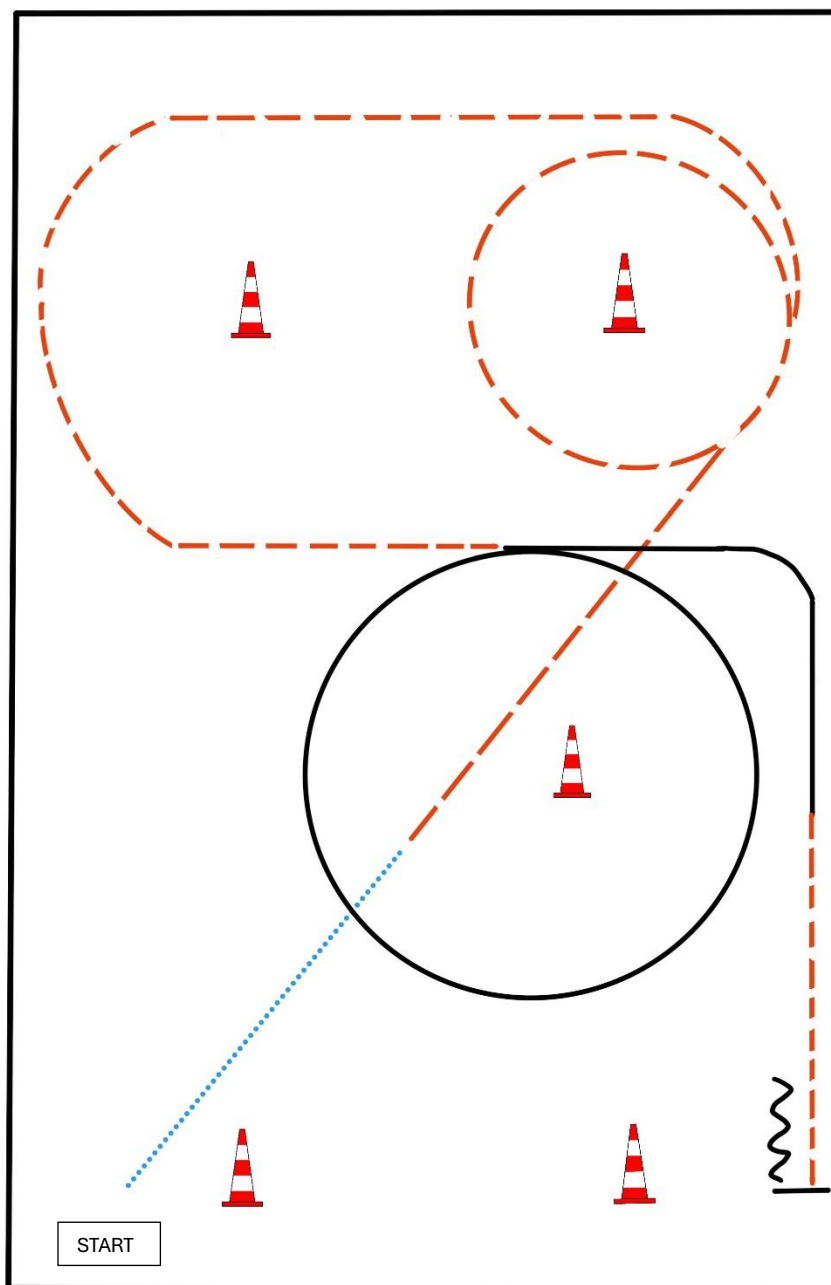




BE READY AT MARKER

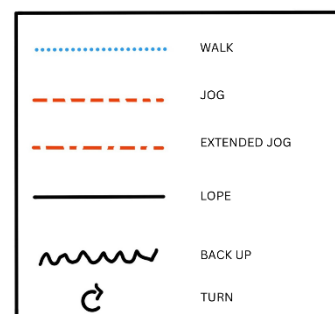
1. WALK
2. JOG SMALL CIRCLE LEFT
3. LOPE (LL)
4. JOG, JOG SMALL CIRCLE RIGHT
5. LOPE (RL)
6. JOG
7. STOP, BACK UP

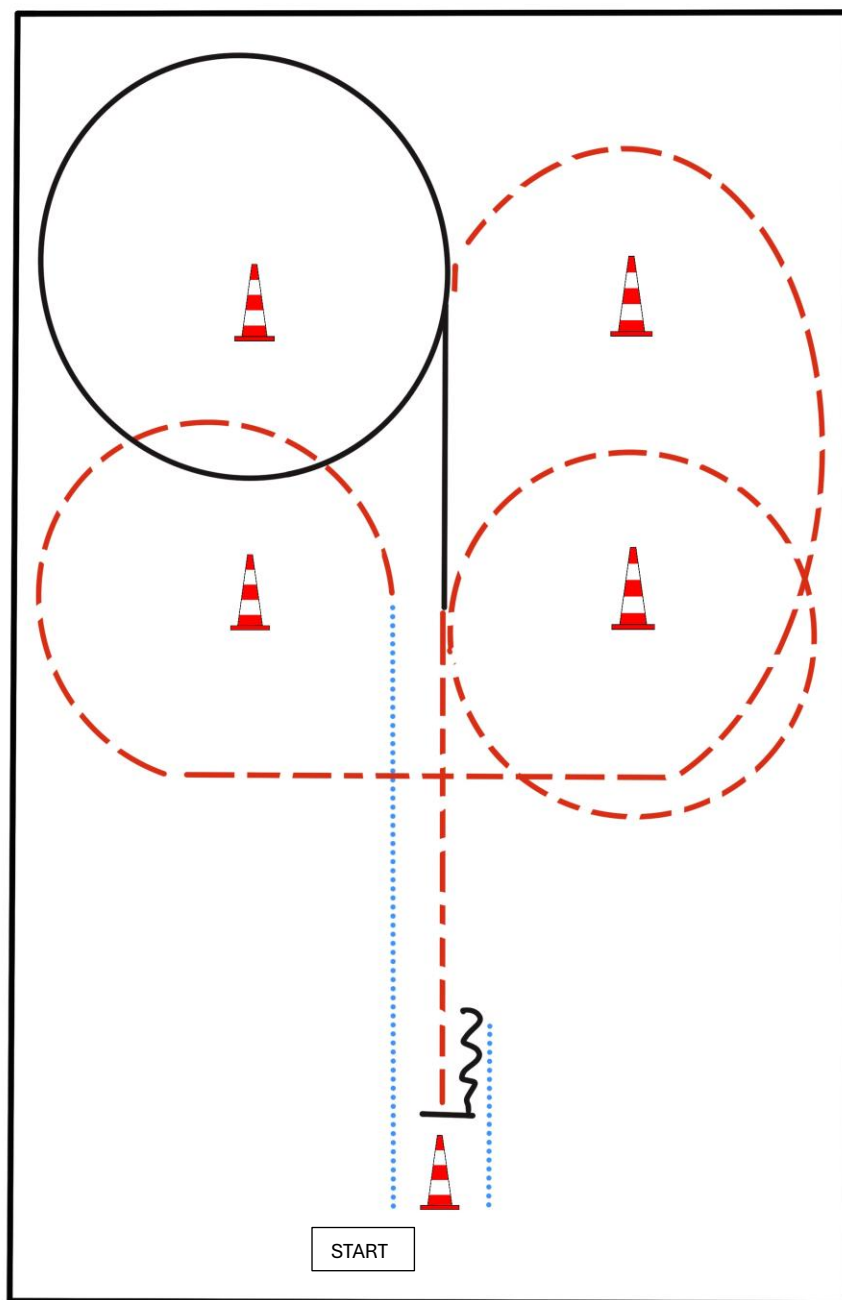




BE READY AT MARKER

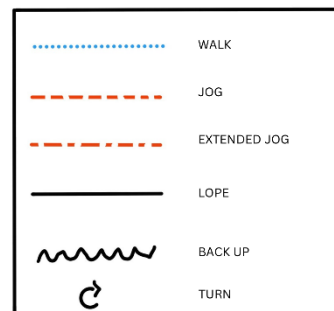
1. WALK
2. JOG SMALL CIRCLE LEFT
3. JOG
4. LOPE (RL)
5. JOG
6. STOP, BACK UP

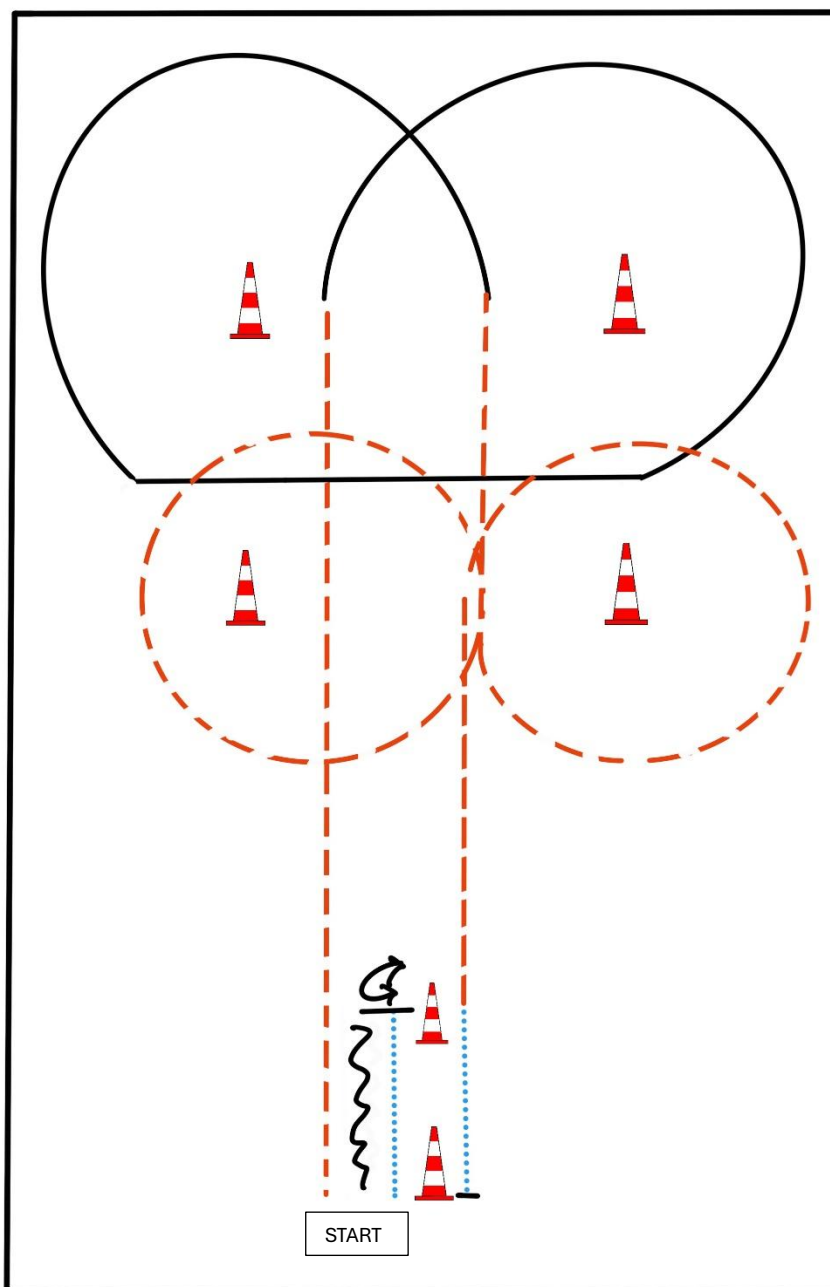




BE READY AT MARKER

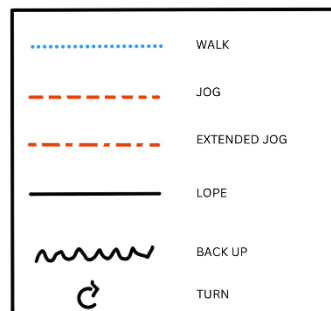
1. WALK
2. JOG SMALL CIRCLE LEFT
3. JOG
4. LOPE (RL)
5. JOG SMALL CIRCLE LEFT
6. JOG
7. STOP, BACK UP, WALK OUT

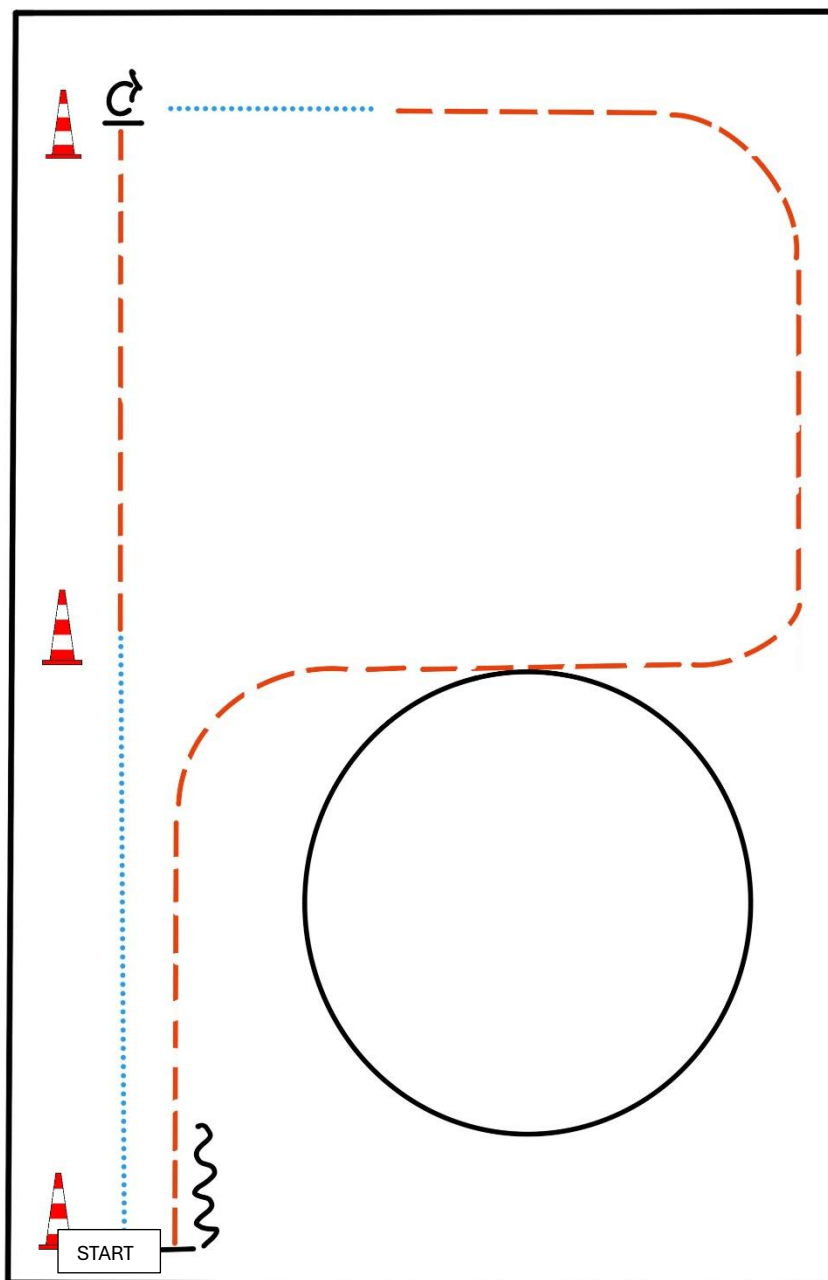




BE READY AT MARKER

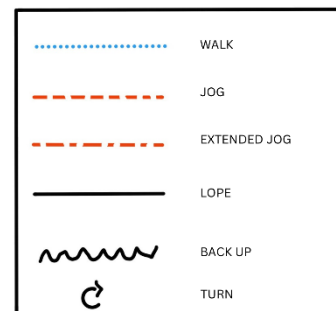
1. WALK, STOP
2. TURN 180° LEFT AND RIGHT
3. BACK UP
4. JOG
5. LOPE (RL)
6. JOG SMALL CIRCLE RIGHT
7. JOG SMALL CIRCLE LEFT
8. WALK, STOP

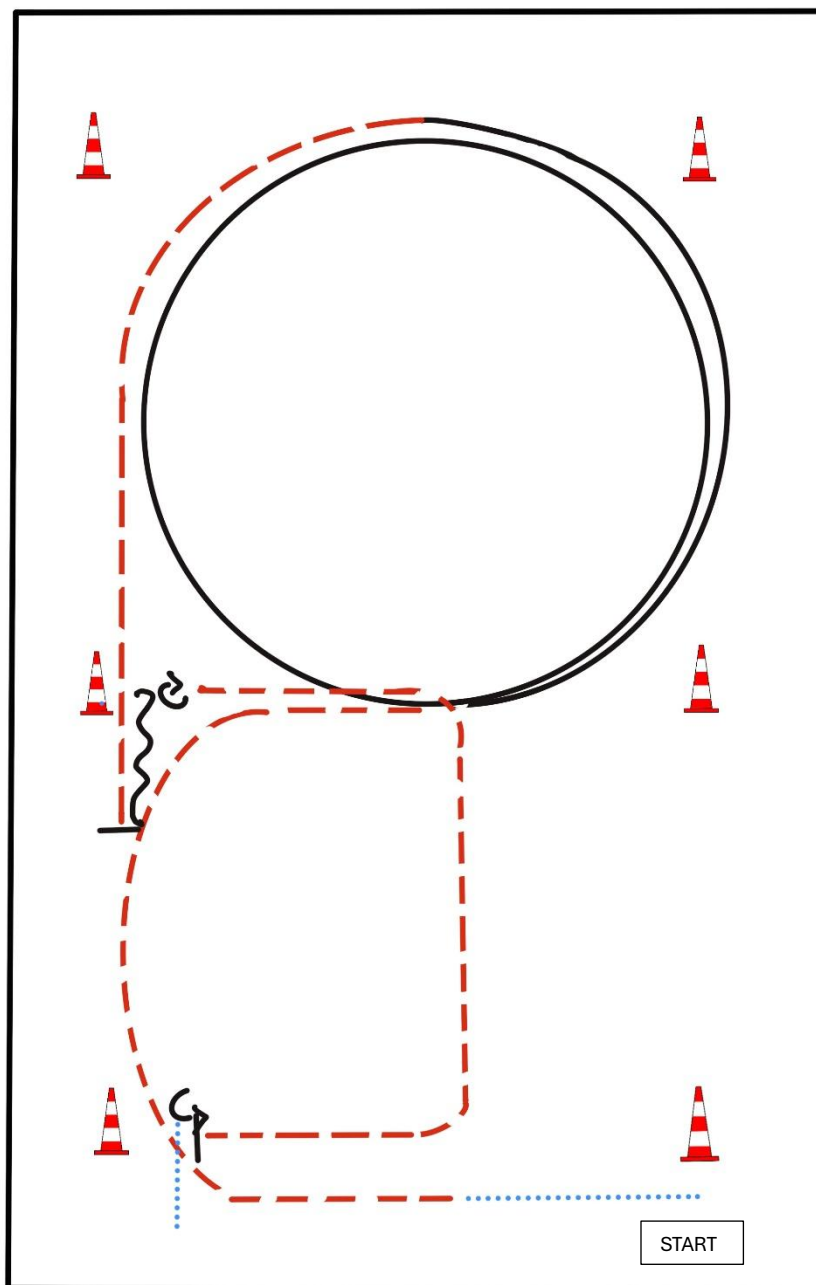




BE READY AT MARKER

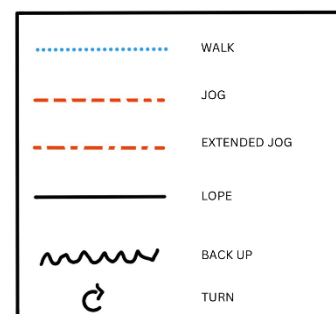
1. WALK
2. JOG
3. STOP, TURN 90° RIGHT
4. WALK
5. JOG
6. LOPE (LL)
7. JOG
8. STOP, BACK UP

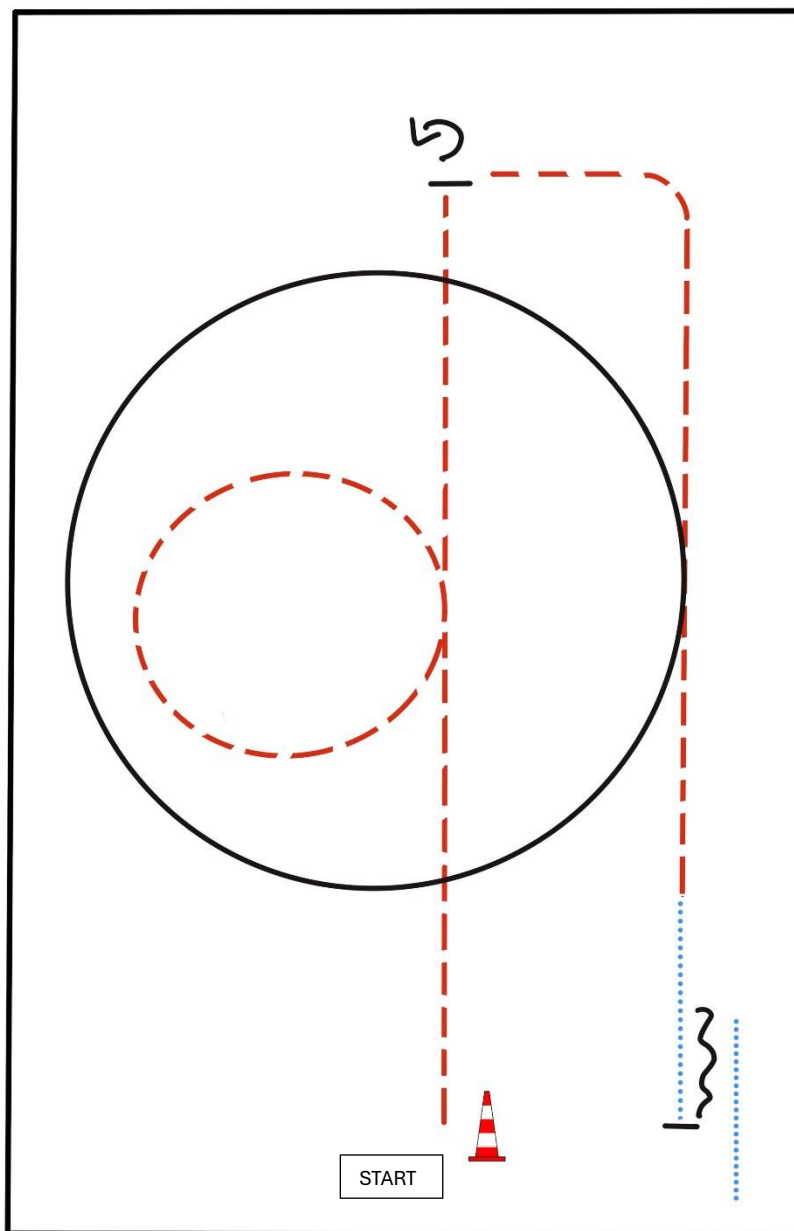




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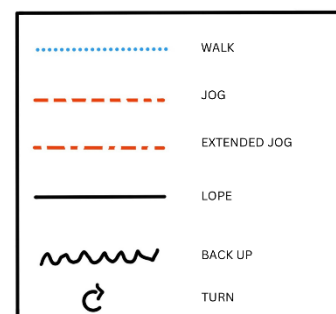
1. WALK
2. JOG
3. LOPE (LL)
4. JOG
5. STOP, BACK UP
6. TURN 270° RIGHT
7. JOG
8. STOP, TURN 90° LEFT, WALK OUT

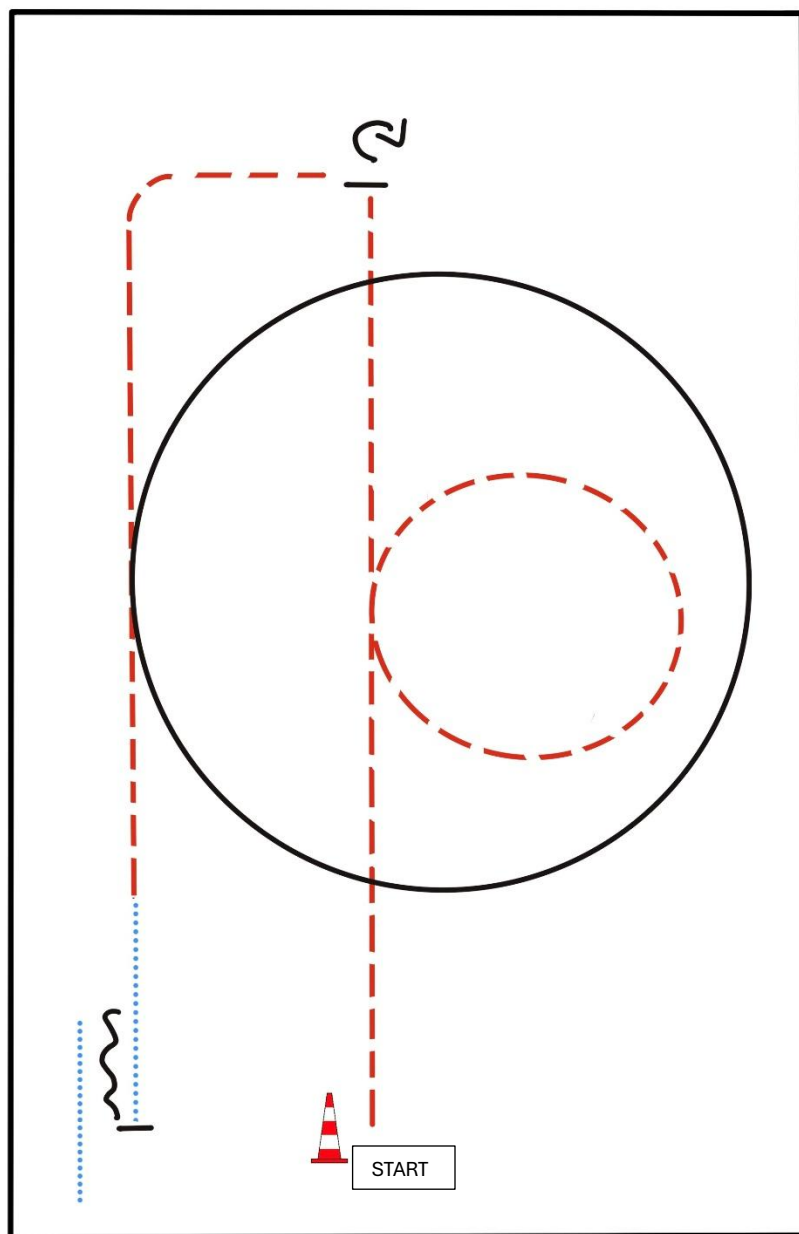




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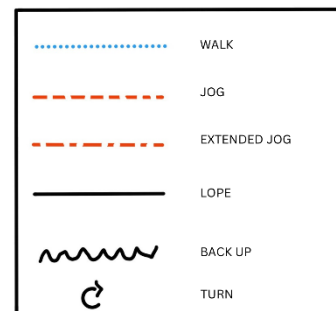
1. JOG
2. STOP, TURN 270° LEFT
3. JOG
4. LOPE (RL)
5. JOG
6. WALK
7. STOP, BACK UP, WALK OUT





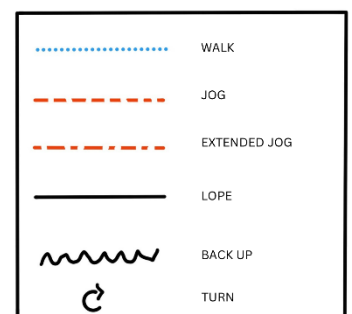
BE READY AT MARKER

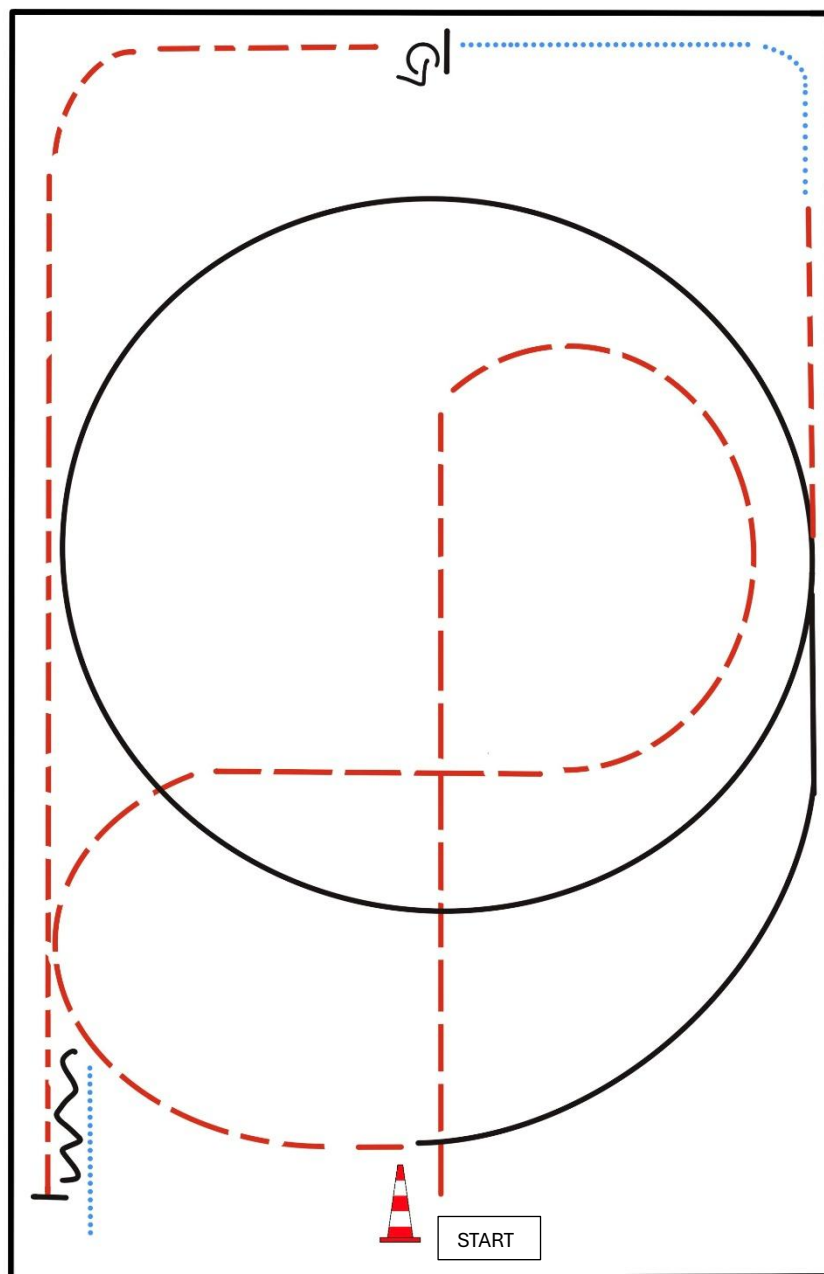
1. JOG
2. STOP, TURN 270° Right
3. JOG
4. LOPE (LL)
5. JOG
6. WALK
7. STOP, BACK UP, WALK OUT





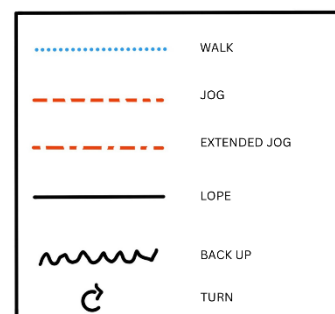
1. JOG
2. LOPE (LL)
3. JOG
4. WALK
5. STOP, TURN 360° LEFT OR RIGHT
6. JOG
7. STOP, BACK UP, WALK OUT

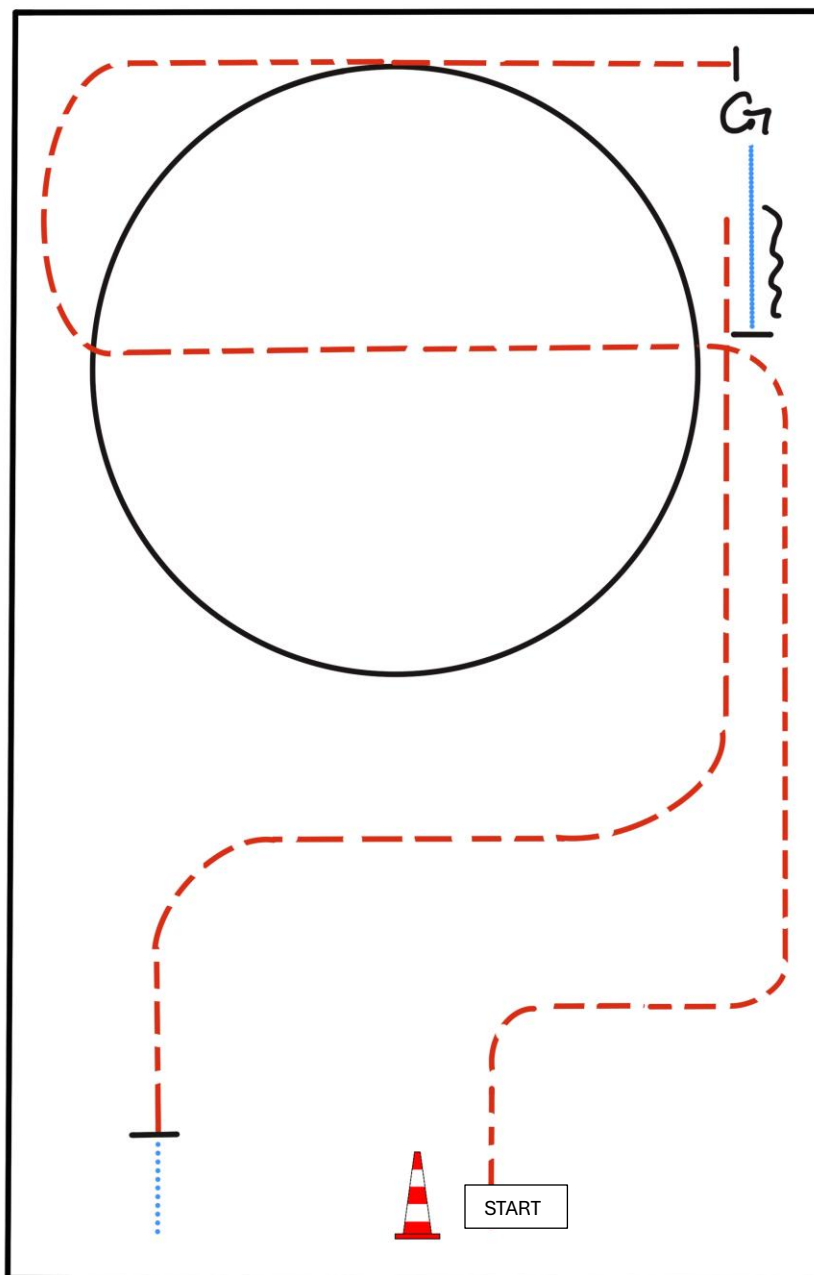




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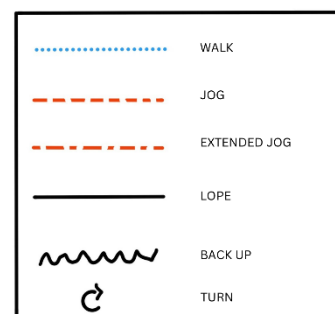
1. JOG
2. LOPE (RL)
3. JOG
4. WALK
5. STOP, TURN 360° LEFT OR RIGHT
6. JOG
7. STOP, BACK UP, WALK OUT





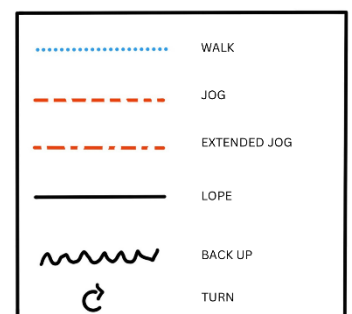
BE READY AT MARKER

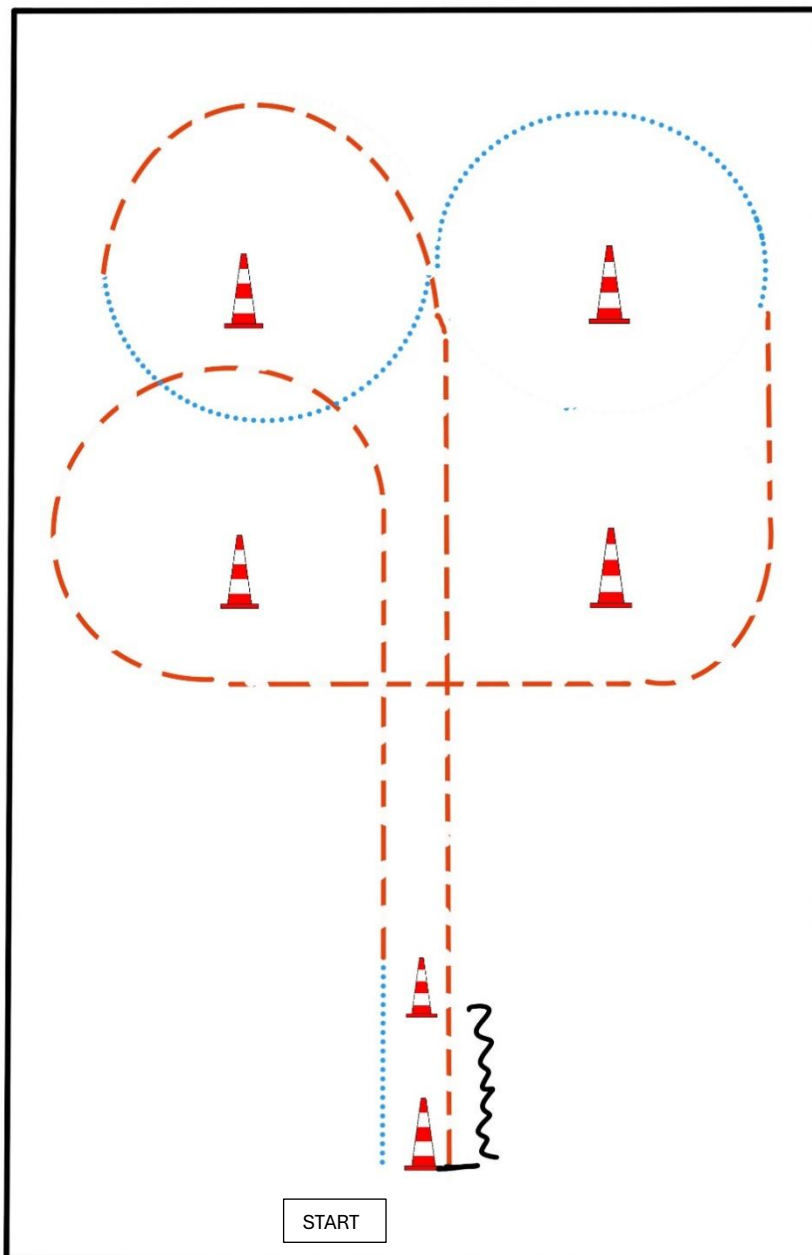
1. JOG
2. LOPE (RL)
3. JOG
4. STOP, TURN 270° LEFT
5. WALK
6. STOP, BACK UP
7. JOG
8. STOP, HESITATE, WALK OUT





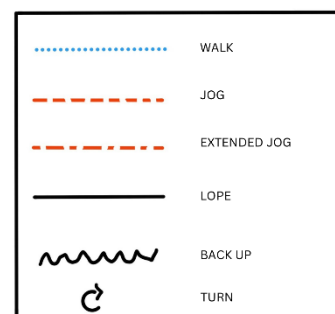
1. JOG
2. LOPE (LL)
3. JOG
4. STOP, TURN 270° RIGHT
5. WALK
6. STOP, BACK UP
7. JOG
8. STOP, HESITATE, WALK OUT

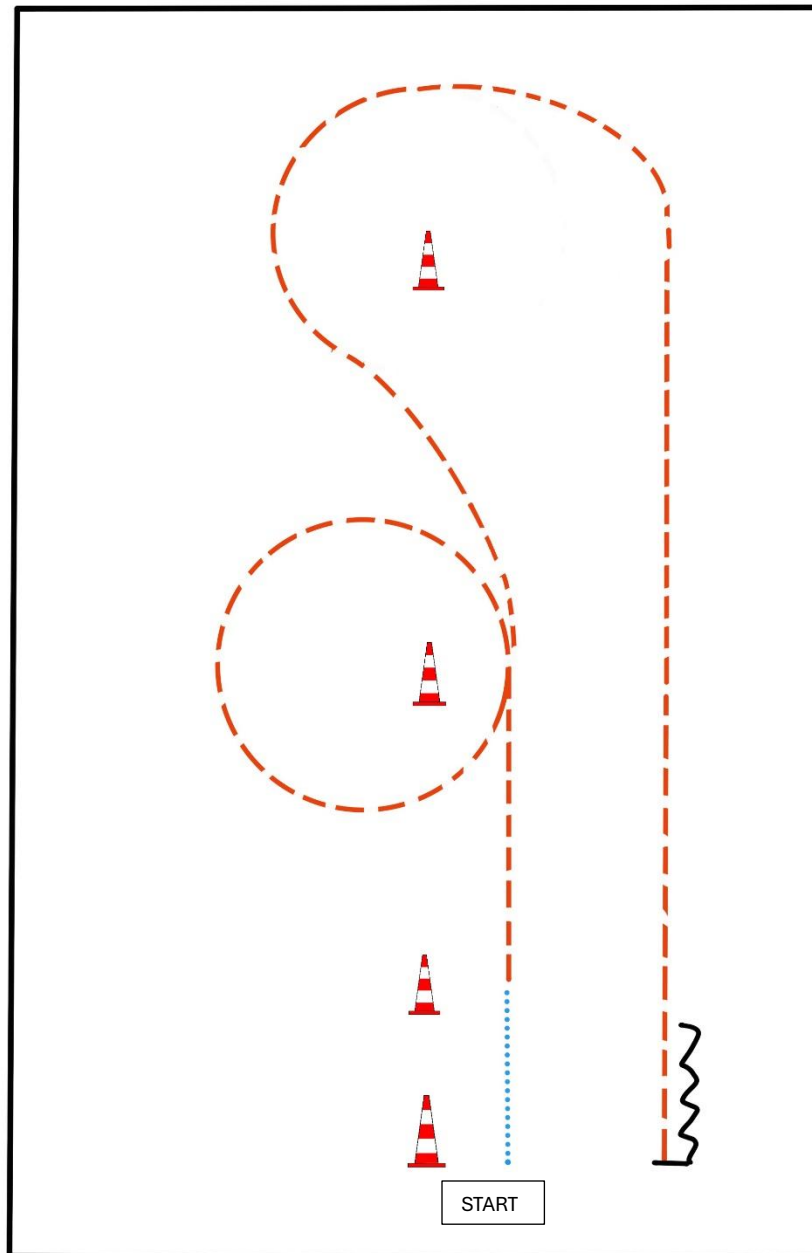




BE READY AT MARKER

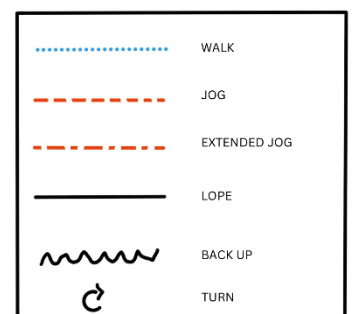
- 1) WALK
- 2) JOG
- 3) WALK
- 4) JOG
- 5) STOP
- 6) BACK UP

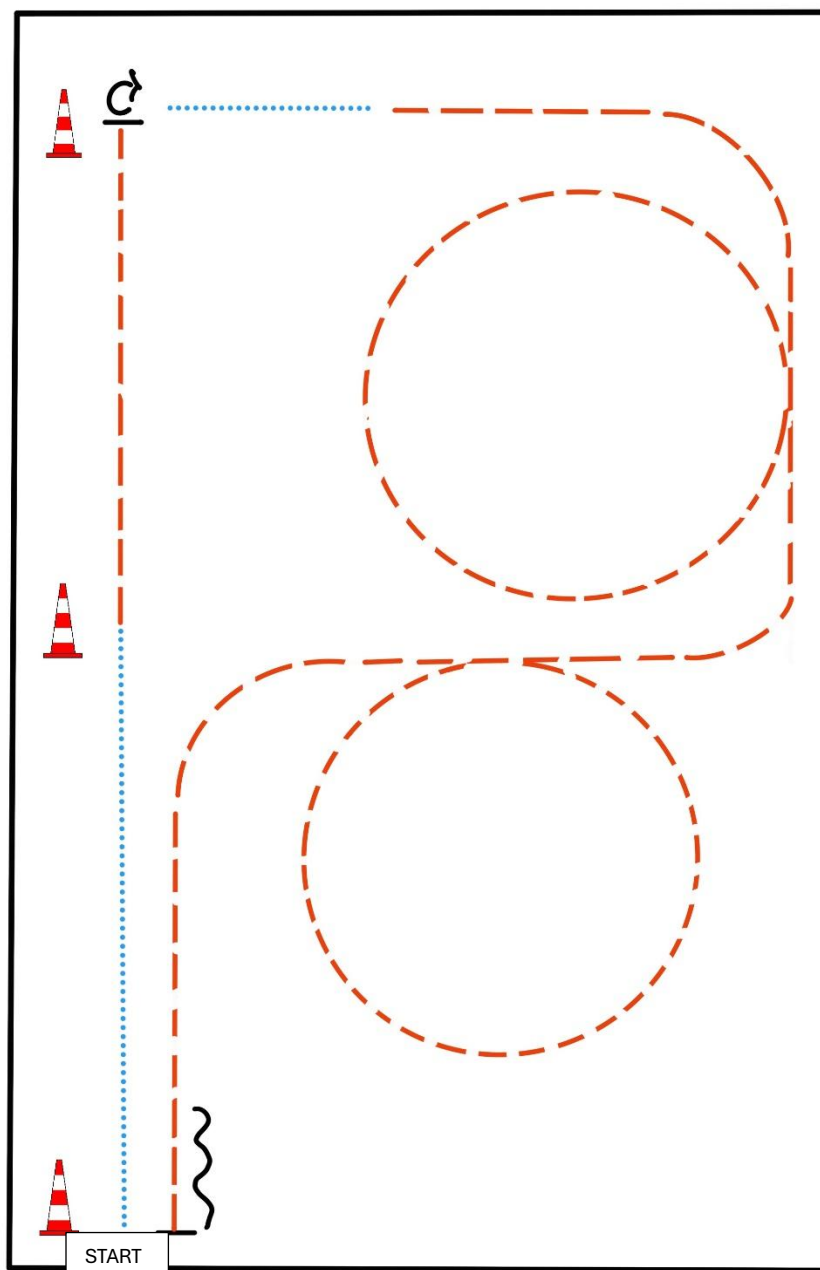




BE READY AT MARKER

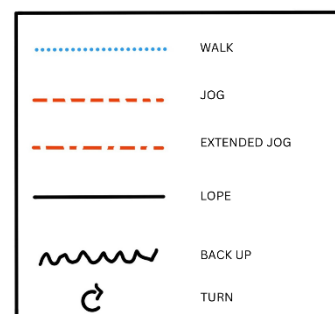
- 1) WALK
- 2) JOG CIRCLE LEFT
- 3) JOG
- 4) STOP
- 5) BACK UP

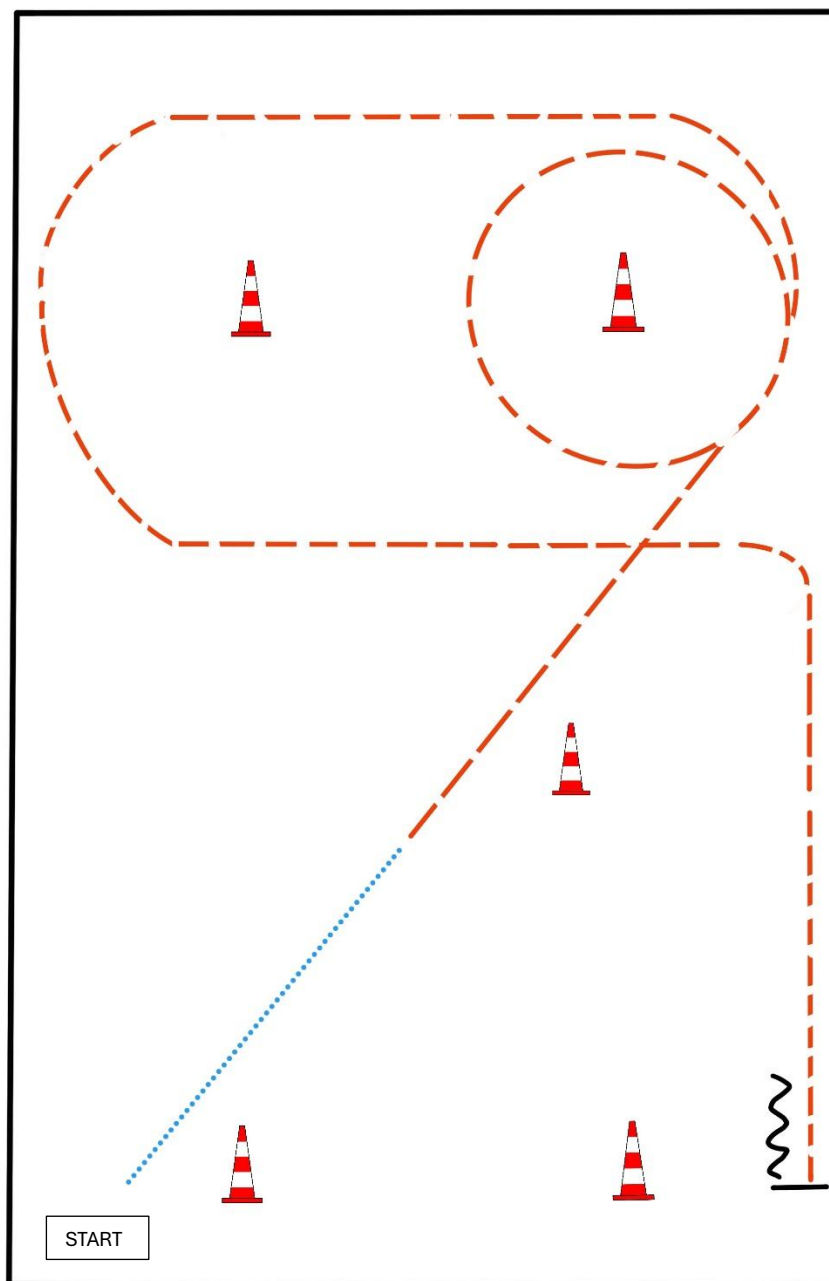




BE READY AT MARKER

- 1) WALK
- 2) JOG
- 3) STOP, TURN 90° RIGHT
- 4) WALK
- 5) JOG, JOG SMALL CIRCLE RIGHT
- 6) JOG, JOG SMALL CIRCLE LEFT
- 7) JOG, STOP
- 8) BACK UP





BE READY AT MARKER

1. WALK
2. JOG
3. JOG SMALL CIRCLE LEFT
4. JOG
5. STOP, BACK UP

